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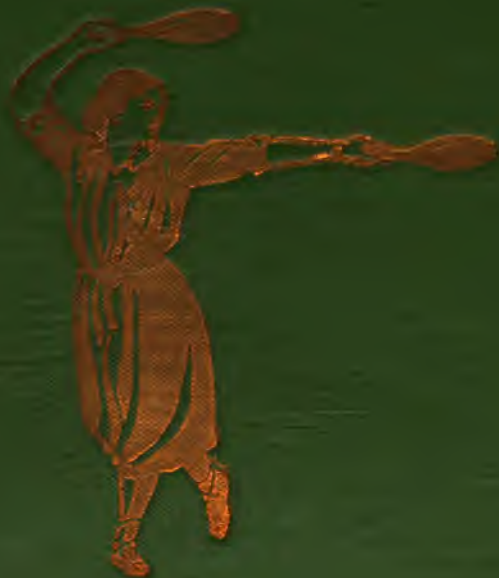
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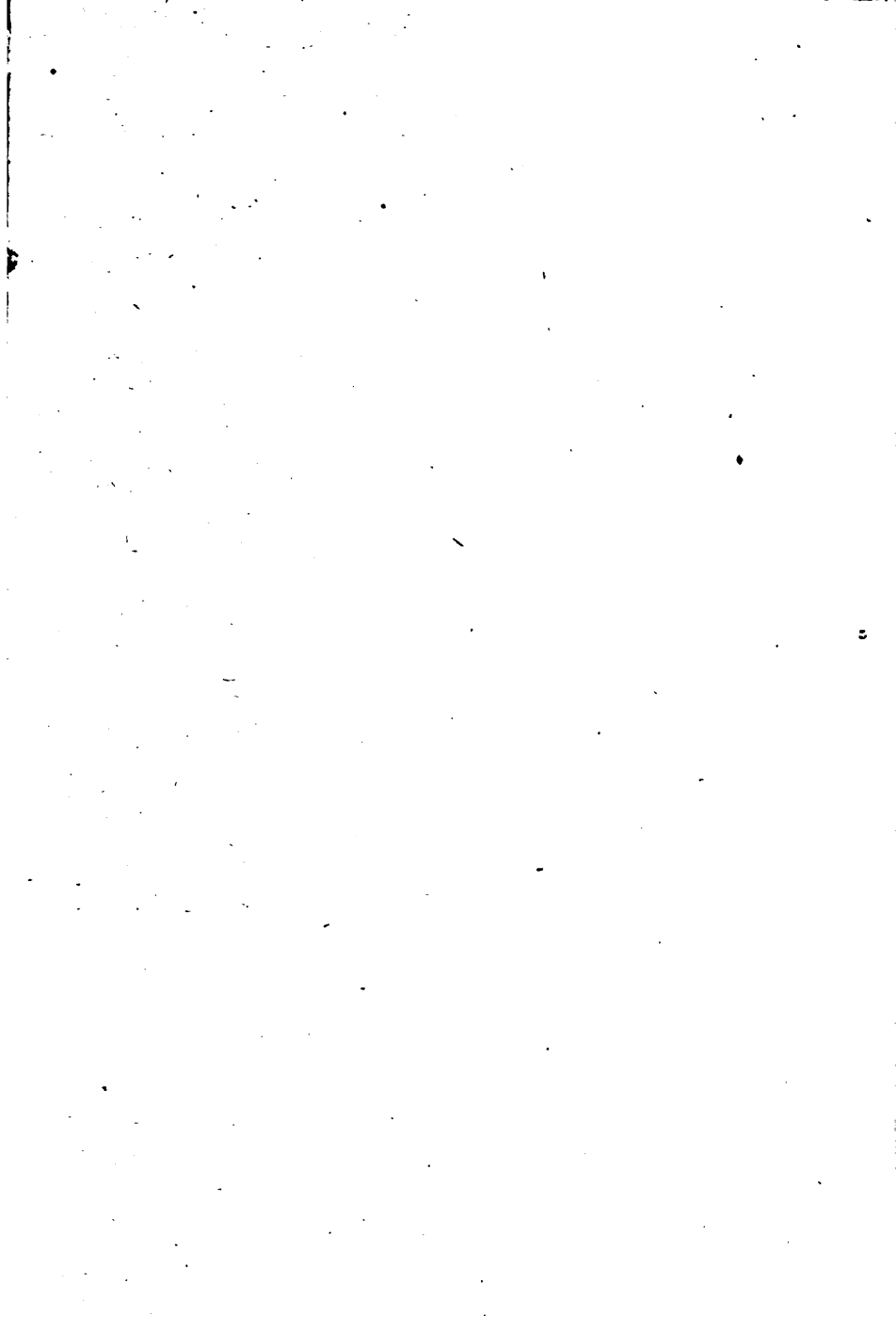


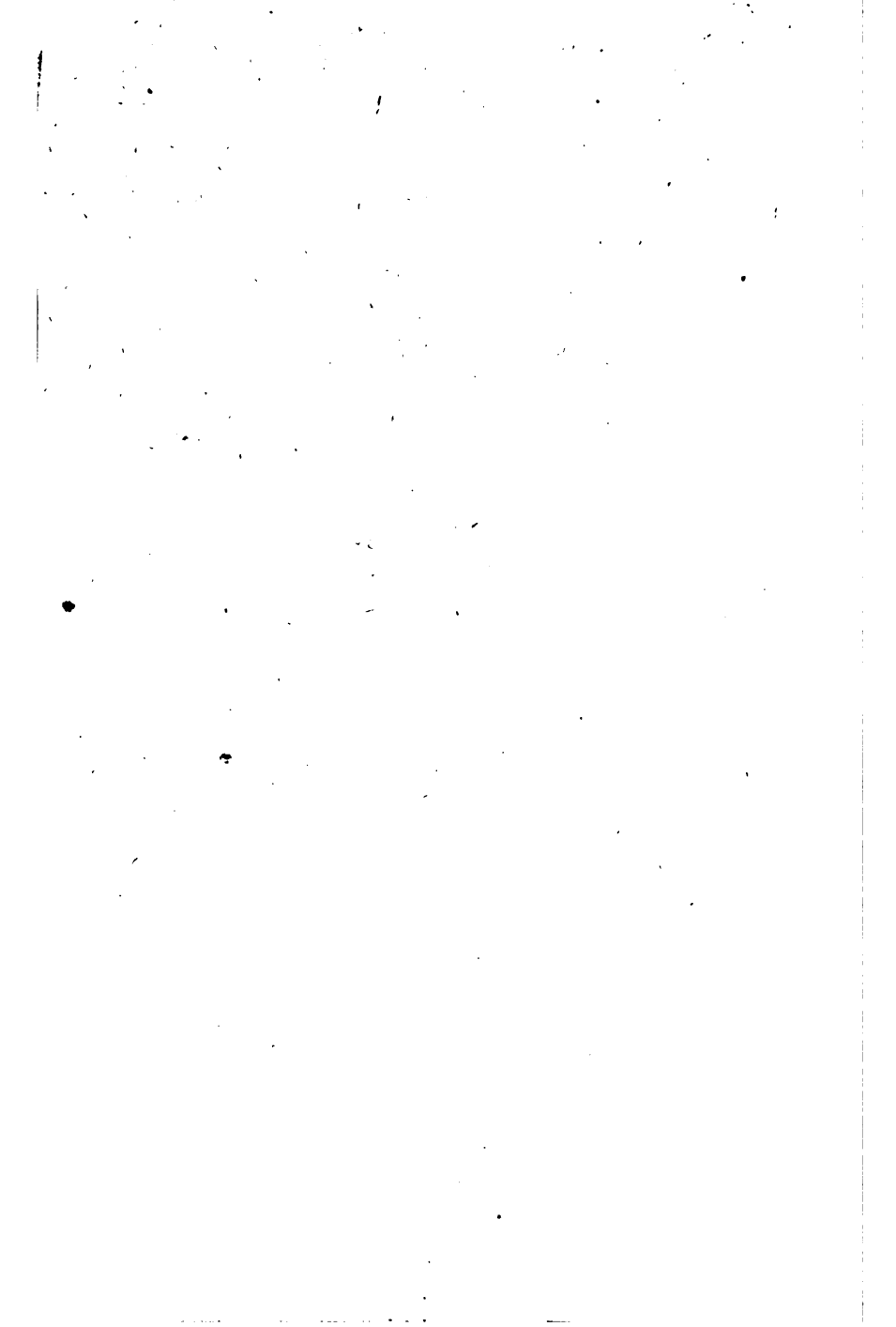
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# CLUB EXERCISES

BY

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CHICAGO, ILL.

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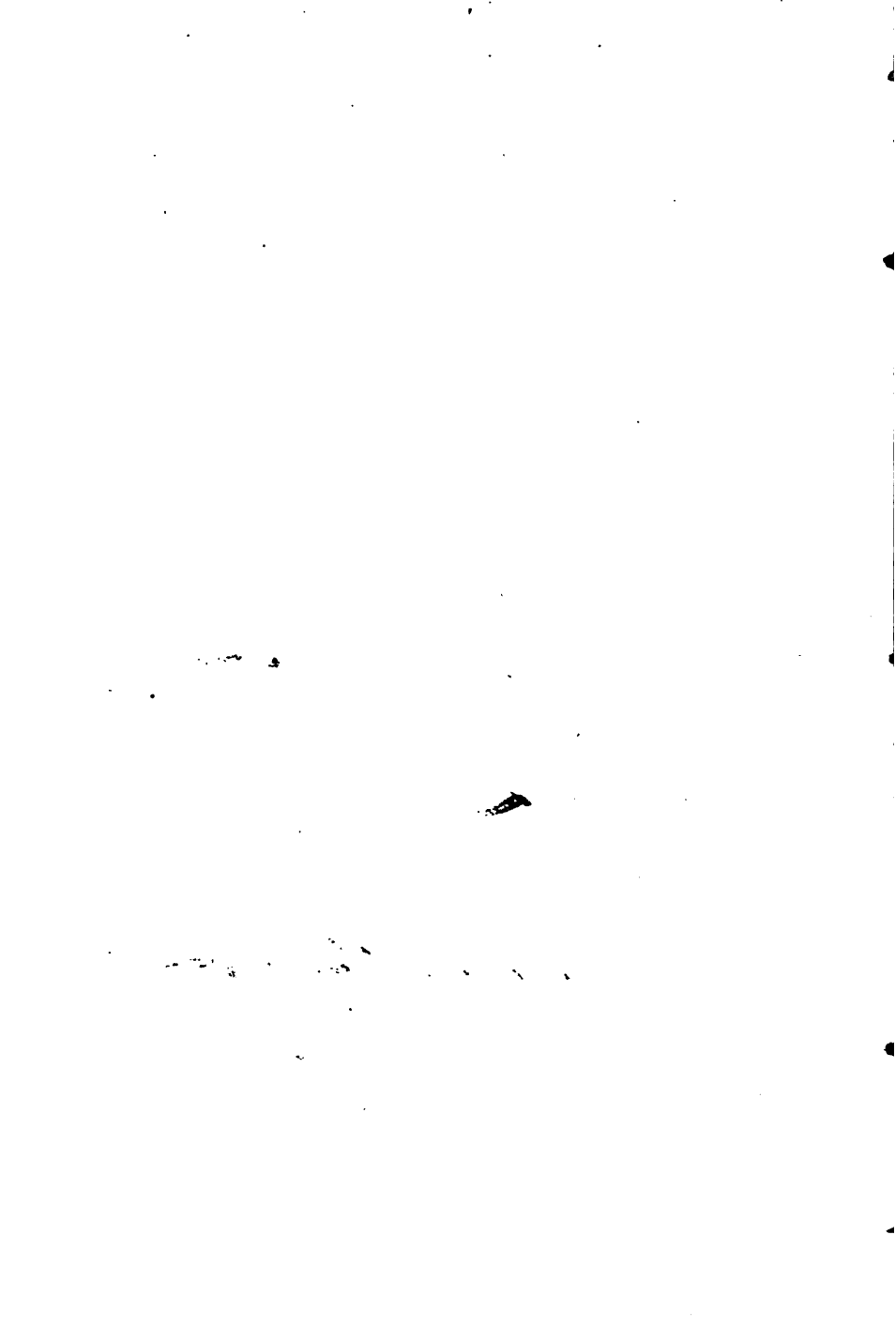
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## PREFACE.

**T**HE author does not make any claim to the distinction of having written a book which will fill a long felt want. He is well aware of the fact, that the shelves of our publishers are well provided with a number of excellent works on club exercises in all forms and if the kind reader should ask me then, what prompted me to write this book, this would be my answer, or apology, if you please: I have heard, and still hear among the professional men and women unfavorable comments about club exercises, but knowing that there is no other kind of hand apparatus that would admit such a great, almost inexhaustible variety of pleasing exercises as the clubs, believing that the clubs should have a prominent place in educational gymnastics, that by collaboration of mind and muscle in these exercises we can develop the highest degree of co-ordination and being an enthusiastic exponent of these exercises for their aesthetic value especially in the physical education of women, I have always tried to overcome the objections to the clubs by arranging the lessons in such a way so as to satisfy also the physiological demands, and the urgent requests of numerous Summer School students finally induced me to present my collection of club exercises before the teachers in a book form.

Some of the lessons will seem long, perhaps difficult, but to those I lead the teacher gradually, step by step, every lesson being a preparatory lesson for the following one, the same elements being repeated in a different form, and if the teacher will faithfully follow this method, he or she will not experience any difficulty even with those, which at first sight might seem difficult for ordinary class work.

The exercises are so arranged, that in every lesson all muscles are brought into play. When we try to master some new, unknown circles, some more difficult combinations, there the trunk and leg movements are inserted as intermediate exercises, and when we swing circles, which we have perfectly mastered in previous lessons, these are combined with steps, leg and trunk movements, thus overcoming the oft repeated objections, that the club exercises are

one-sided, or if combined with trunk and leg movements, too difficult.

The exercises are arranged rhythmically, not because the author expects teachers to practice every lesson with musical accompaniment, but his object in arranging them so is to assist an inexperienced teacher, after his (her) class masters a certain lesson, to be able, without any special effort, to repeat the same with music. Music is becoming more and more a part of our work and next to the fancy steps and gymnastic dancing, as another branch of rhythmic exercises in Physical Education, the clubs may justly claim a prominent place.

Like "the truth sometimes is so simple, that it does not look learned enough and people must add something to it to give the truth a respectable and academical look," so these lessons, being free from high-sounding technical terms, various notations and bewildering abbreviations, will not perhaps seem scientific enough. My desire, however, was to make the wording of the exercises as simple as possible, so as to make them explicit especially to those teachers who need our help the most.

Real happiness can be found only in work directed at some good end, and I find my real happiness in assisting all those engaged in that noble work, which is destined to make people better physically, mentally and morally, and if this little book will bring into our Gymnastic Institutions some of those happy moments, such as I have experienced with many of my classes in going from one lesson to another, meeting in every one some old friends in different garbs and forming a pleasant acquaintance with new ones, I shall be more than repaid for my labor.

J. C.

## NOMENCLATURE.

Knowing from experience, how discouraged and disheartened an inexperienced (or busy) teacher becomes, when he encounters various abbreviations and notations on each page and when in his attempt to master some of the exercises he is obliged continually to consult the "explanatory chapter", I am presenting the exercises in such a simple form, that it will be necessary to keep in mind only these few definitions, which will enable every teacher to understand thoroughly every lesson after its first reading.

**Starting position.** There are two starting positions, from which all the exercises are executed: a) arms bent upw. to an acute angle, clubs perpendicular in front of shoulders. (Fig. 1.) b) arms at sides, clubs hanging downward. (This only seldom used.) When we exercise with one club, one arm holds the club in starting position a) and the free arm is bent inward in rear of the body. When the pupils are so advanced that they are able to swing perfectly all arm circles with both clubs, but it is still necessary to practice the hand circles with one club, then the arm, ready to swing the hand circles, resumes the starting position a) and the other arm is resting on the waist, with club on the forearm. (Fig. 2.) The advantage of this position is, that the idle club does not interfere with the movements of the other and it also affords one arm to take a desired rest. Fundamental position being the same for all the exercises, (heels closed) will not be indicated.



(1.)

**Circles.** We distinguish three different circles: a) large arm circle, b) small arm circle, and c) hand circle.

a) **Large arm circle.** Club in the line with a straight arm, centre or a fixed point of the circle being the shoulder.

b) **Small arm circle.** Strictly speaking, the centre or a fixed point of this circle should be the elbow, but in swinging

this circle the upper arm also is partially active. In executing a small arm circle the hand is not raised higher than it is in starting position.

c) **Hand circle.** Centre or a fixed point is the wrist.

**Arm swing** is an unfinished circle, or any fraction of an arm circle, less than 360 degrees and more than half a circle (180 degrees). In all the arm swings it is always indicated, in what position the swing terminates.

**Half-arm circle** is an arm swing of 180 degrees (called also

"pendulum swing")—from horizontal position right, to horizontal position left or vice versa (front half-arm circle)—and from horizontal position forward to horizontal position backward or vice versa (flank half-arm circle.)



(2.)

**Swing over.** "Swing over" is a small half-arm circle rear of the head. With the left club from a horizontal position sideward swing small half-arm circle rear of head to a horizontal position sideward right in front (Fig. 3.) Or the left club from a horizontal position sideward, right, raise overhead and with a small half-arm circle rear of head, swing to a horizontal position sideward left.

**Tip over.** From a horizontal position sideward, inward or forward, raise the club to perpendicular position and tip it over on the forearm.

**Arms bent in a position inward.** To tip over, when the half-arm circle or an arm swing terminates in a position inward (front of chest), the arms must be bent to a right angle, height of shoulders, r. forearm in front of left or left in front of right (Fig. 4.)

**Front, rear and flank swings and circles.** All swings and circles in a perpendicular plane in front of the body, are designated as **front** swings or circles — those in rear as rear swings or circles. All those executed in a perpendicular plane a the side of the body are designated as **flank** swings or circles.

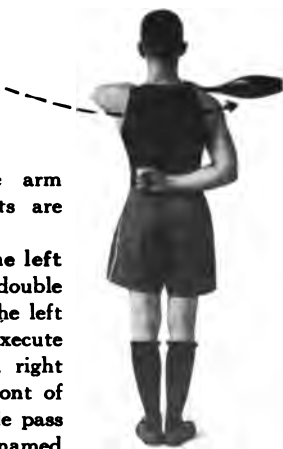
**Directions.** For the front and rear circles and swings we distinguish the following directions: a) to the left (both clubs

starting to the left), b) to the right (both clubs starting to the right), c) outward (left club starting to the left, right to the right) d) inward (left club starting to the right, right to the left.) The term inward and outward for the front and rear swings and circles is used also in all exercises with one club, i. e., with the r. club to the right outward, to the left inward.

For the flank swings and circles we distinguish: a) forward, when in executing a swing or a circle the club starts forward. b) backward, when the club starts backward.

Hand circle, double hand circle, arm circle and double arm circle, etc. The term hand circle — arm circle — arm swing, etc. indicates always one club — and double hand circle, double arm circle and double arm swing, indicates that the movements are executed with both clubs.

Double flank arm circle pass the left or right side. If we swing the double flank small or large arm circle pass the left side, it is understood that both clubs execute the circle at the left side of the body, right arm being extended to the left in front of body. If we swing double arm circle pass the r. side, both clubs execute the named circle at the right side, left arm being extended to the right.



(3.)

**Hand circles and position of the arm in their execution.**

**Front low hand circle.** Arm extended downward — neck of the club between the forefinger and the thumb. (Fig. 5.)

**Hand circle rear of shoulder.** Arm bent to a right angle, upper arm in horizontal, forearm in perpendicular position, elbow pointing sideward. (Fig. 6.) This position of the arm facilitates the execution of double hand circles especially inward and is conducive to a good posture.

**Front upper hand circle.** Arm in a position upward — the knob or the "head" of the club between the thumb and bent middle finger, forefinger bent over the knob. (Fig. 7.)

**Horizontal hand circle above the hand.** This circle is executed in a horizontal plane, outward or inward. The neck of the club is held between the thumb and the forefinger. In swinging this circle, either outward or inward, the base of the club starts forward. (Fig. 8.)

**Horizontal hand circle below the hand.** Executed in a horizontal plane under the arm — hold the same as for the upper front hand circle.

**Low rear hand circle.** Inward: From a starting position a) execute an arm swing inward, and when opposite the hip bend the elbow so as to raise the hand to the height of hip. Wrist is bent at the same time and the forefinger lifts the club to a perpendicular position. (Fig. 9.) In that position move the hand rear of the body inward, drop the club inward, extend arm downward and from that position swing the club sideward and continue upward. — Outward: Arm swing outward rear of body and by bending the elbow and wrist, raise the club to a perpendicular position. (Fig. 10.) Keeping the arm bent, move the hand forward and when in front, extend downward, swing upward and continue.

**Front arm circle inward and hand circle rear of shoulder outward.** Swing a large front arm circle with the right club inward and hand circle rear of right shoulder inward. Without changing the direction of the hand circle, swing the same rear of the left shoulder — thus getting the above named combination: r. front arm circle inward and hand circle rear of shoulder outward. (Fig. 11.) In executing the hand circle the arm is extended as much as possible, not higher than the chin, hand close to the shoulder.

**Front large arm circle outward and hand circle rear of shoulder inward.** With the right club swing front large arm circle and hand circle rear of right shoulder outward. Without changing the direction of the hand circle, swing the same rear of left shoulder. Position of the arm the same as described above. (Fig. 12)

**Flank hand circle.** We swing the flank hand circle either on the outer or inner side of the arm. If on the outer side, the arm is either straight or bent — usually bent — (see Fig. 14.) — On the inner side arm is in a straight position forward. Hold the club between the thumb and forefinger, like in front low or rear shoulder

circle. In swinging the flank hand circle on the outer side of the arm, the palm is facing upward — on the inner side, the palm is facing downward.

**Flank hand circle outside the opposite shoulder.** Extend the arm in the opposite direction (right to the left or left to the right) height of shoulders and swing the flank hand circle outside the opposite shoulder. These are all the hand circles the teacher will find in all the 48 lessons and the three Exhibition numbers.



( 4. )

### PROGRESSION OF EXERCISES.

The exercises in this book are arranged in this progressive order:

- a) Small and large arm circles and half arm circles with one club;
- b) Small and large arm circles and hand circles with one club;
- c) exercises a) and b) combined with leg and trunk movements.
- d) Small and large arm circles with two clubs—hand circles with one club;
- e) exercise d) with leg and trunk movements;
- f) small and large arm circles and hand circles with two clubs;
- g) small and large arm circles and hand circles with two clubs—combined with leg and trunk ex. Dissimilar hand circles;
- h) alternate arm and hand circles;
- i) follow arm and hand circles;
- j) combinations of alternate and follow arm and hand circles;
- k) alternate and follow arm and hand circles combined with the leg and trunk ex., and with steps;
- l) drills for exhibition.



### MUSICAL ACCOMPANIMENT.

Waltz is universally considered as the most appropriate musical accompaniment for club exercises and all the exercises in Parts I., II. and III. are arranged for waltz music. One count equals one waltz measure, therefore if the time is indicated 1! 2! it means two measures. Small and large arm circles are executed in two counts



(5.)

or two waltz measures, hand circles in one count or in one waltz measure. But the arm circles in some of the exercises are executed in a "quick tempo" and then we swing each arm circle in one count or one waltz measure. The author, however, prefers the so-called "schotische" music ( $4/4$  time) for club exercises because it makes the exercises much livelier. Besides that, the waltz can be used for some exercises only—"schottische" for all, especially for the "follow circles." If schottisch music is used (Part IV.) and the time is marked 1-! 2-! it indicates two counts in one schottisch measure or one count on two notes. If the time is marked 1! 2! 3! 4! it equals also one measure, but one circle, or swing must be executed in one count, or on one note—four swings or circles in one measure.

Where the time is marked 1-4! it indicates, that we execute a certain movement in one measure (mostly in calisthenics.)

## HINTS TO TEACHERS.

In teaching the club exercises, follow the old pedagogical rule: "give the pupils facts first, explanation afterwards." To expect pupils to master new exercises and at the same time to remember all technical terms would be expecting too much. After the pupils learn certain swings or circles, then it is time enough gradually to instill in their minds some of the terms.

Do not try to accomplish too much, but what you teach, teach well. See that all the fundamental exercises are perfectly mastered, for the more time we devote to fundamentals, the quicker will be our progress afterwards. Bear in mind, that only by thoroughly mastering little things, we are able to accomplish big things.

Be sure that you know every lesson perfectly when you stand before the class. Nothing makes our work so tedious and nothing causes so much restlessness among the pupils, as an embarrassed teacher, who is vainly trying to conceal his (her) unpreparedness.

If your time is limited and you are not able to finish the whole lesson, divide it into two halves, i. e., if the class exercises with one club, then practice the combination outward r. and l. and in the next lesson inward r. and l. In the third lesson repeat all. If the class exercises with both clubs, exercise right and left, in the next outward and inward, then all. But never omit the calisthenic part.

After replacing the clubs give the class vigorous running exercises — with heels or knees elevation — especially if some heavy apparatus work follows the club exercises.

Do not exercise with musical accompaniment, when you teach some new, unknown exercises. It enhances the interest in the club exercises if the pupils first master certain group of combinations and then repeat the same with music. And even then, try to assist by timely directions.



(6.)

Some of the lessons perhaps will seem too long — but if you master the first group, you can easily go through the whole lesson. Combinations remain the same, only the direction is changed.

You will make your work much easier and make the club exercises more popular if after each lesson you will devote some time to the new circles contained in the next lesson. Some of the more enthusiastic pupils will try to learn them as quickly as possible (to get ahead of the others) and the others will be at least so acquainted with the new circles, that it will be possible to go through the next lesson without much trouble.



(7.)

Before starting with the first lesson, devote the first period to preparatory exercises. Teach the pupils how to hold the club, how to swing the club from one hand to another with an outward or an inward swing, how to hold the club for calisthenics and after these, how to raise the club quickly to starting position for swinging.

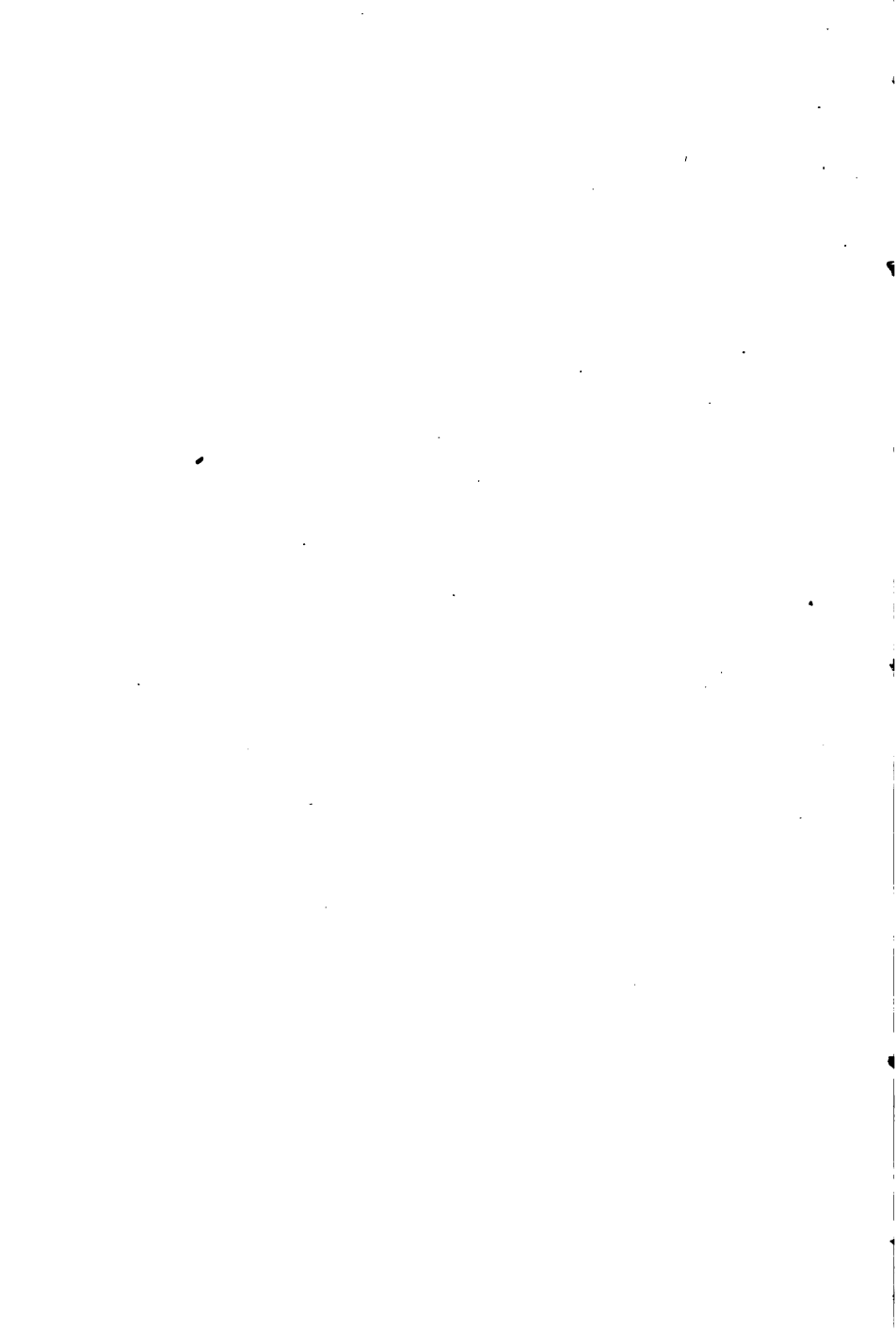
One of the chief difficulties in teaching the club exercises is, that some pupils are not able to advance as fast as others, thus hampering the class in its progress, and another source of trouble is pupils, who enter the gymnasium after the class has had a good start in these exercises. To overcome this difficulty, allow me to recommend the following method, which has helped me in getting satisfactory results even under these adverse conditions: Place the more advanced

pupils in the outer files and the slow ones or beginners in the middle files and give them exercises according to their ability. While the advanced pupils swing arm and hand circles, beginners swing arm circles — while the advanced pupils exercise with two clubs, the beginners with one club, etc. It is hardly necessary to add, that the combinations must be so arranged, that they can be executed in the same number of counts. I admit, that it is a rather strenuous task, but what do we expect to accomplish without hard work?

## **PART I.**

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- a) Large and small arm circles and  $\frac{1}{2}$  arm circles with one club.
- b) Small and large arm circles and hand circles with one club.
- c) Exercises a) and b) combined with trunk and leg movements.



## I.

(Small and large arm circle outward and inward. Intermediate trunk and leg exercises.)

Starting position for club swinging: free arm rear of the body — club in perpendicular position front of shoulders — Position for calisthenics: heels closed, both hands holding club in horizontal pos. in front. Begin right.



## Club swinging

1. a) Small front arm circle r. outward three times (each circle in 2 counts) and on the last 2 counts (7 and 8) with an outward swing change club from right to left hand and bend the r. arm in rear 1-8
- b) small front arm circle l. outward three times and on the last 2 counts with an outward swing change the club to the r. hand and bend the l. arm in rear (8.) 1-8
- c) small front arm circle inward r. three times and on the last 2 counts with an inward swing change the club to the l. hand and bend r. arm in rear 1-8
- d) small front arm circle inward l. three times and on the last (8.) count grasp the club in front with both hands, the knob in l. and the base in the r. hand. (Fig. 13.) 1-8

## Calisthenics.

1) bend arms, club on chest 1! bend trunk forward and extend arms forward (downward) 2! reverse 3! 4! Repeat 5-8!

2) bend arms, club on chest 1! bend the knees and extend arms forw. 2! reverse 3! 4! repeat 5-8!

3) and 4) repeat 1) and 2) and on the last count bend the r. arm in rear and raise the club in left to starting position for swinging.

### Club swinging.



(9.)

2. a) Front large left arm circle outward three times (one circle in 2 counts) and on the last 2 counts with an outward swing place the club in the r. hand and bend the l. arm in rear 1-8!

b) front large arm circle r. outward three times, on the last 2 counts with an outward swing place the club in the l. hand and bend the r. arm in rear 1-8!

c) front large arm circle l. inward three times and on the last 2 counts with an inward swing place the club in the r. hand and bend the l. arm in rear 1-8!

d) front large arm circle r. inward three times and on the last count grasp the club in front with both hands 1-8!

(knob in the r. base in the l. hand.)

### Calisthenics.

5) bend arms, club on chest 1! bend trunk backward and extend arms upward (head between the arms) 2! reverse 3! 4! repeat 5-8!

6) bend arms club on chest 1! rise on toes and extend arms upward 2! reverse 3! 4! repeat 5-8!

7) repeat 5) and 6) and on the last count raise the club to starting pos. in right and bend the left arm in rear.

## Club swinging.

3. a) Front small arm circle r. outward 1! 2!  
 b) front arm swing outward to a position upward 3! 4!  
 c) front large arm circle outward 5! 6!  
 d) with an outward swing place the club in the l. hand and bend r. arm in rear 7! 8!
4. a) front small l. arm circle outward 1! 2!  
 b) front arm swing outward to a position upward 3! 4!  
 c) front large arm circle outward 5! 6!  
 d) with an outward swing place the club in the r. hand and bend the l. arm in rear 7! 8!
5. a) b) c) d) repeat 3. a) b) c) d) r. inward and on the last 2 counts with inward swing place the club in the l. hand and bend the r. arm in rear 1-8!
6. a) b) c) d) repeat 4. a) b) c) d) l. inward and on the last count grasp the club in front with both hands 1-8!



## Calisthenics.

9) bend arms, club on chest 1! bend the trunk sideward left and extend arms upw. 2! reverse 3! 4! Repeat 5-8!

(10.)

10) bend arms, club on chest 1! hop to side-straddle position on toes and extend arms upw. 2! reverse 3! 4! repeat 5-8!

11) repeat 9) to the right and 12) repeat 10)

(As a preparatory exercise practice large arm circle outward and inward, left and right in "quick tempo"—i. e. in one count. Also front  $\frac{1}{2}$  arm circle and see that the pupils do not swing the club higher than shoulder. Practice r. and l. starting outw. and inward.)



(Front small and large arm circles and half arm circles — large arm circles in slow and quick tempo.)

Starting position for swinging: Club in perpendicular position front of shoulder, free arm bent rear of the body. Start right.

For calisthenics: Club in both hands in front.

### Club swinging.



(11.)

1. a) Front r. arm swing outward to a position sideward left and front  $\frac{1}{2}$  arm circle to a position sideward 11 21
- b) front  $\frac{1}{2}$  arm circle to position sidew. left and front  $\frac{1}{2}$  circle to a position sidew. 31 41
- c) front arm swing downward to starting position 51 61
- d) front small arm circle outward 71 81
- e) front arm swing outward to a position upward 91 101
- f) front large arm circle outward (2 counts) 111 121
- g) front large arm circle outw. in a quick tempo twice (each circle in one count) 131 141
- h) with an outward swing place the club in the left hand and bend the r. arm in rear 151 161
2. a) front l. arm swing outward to a position sidew. right and front  $\frac{1}{2}$  arm circle to a position sideward 11 21
- b) front  $\frac{1}{2}$  arm circle to a position sidew. right and front  $\frac{1}{2}$  arm circle to a position sideward 31 41
- c) front arm swing downward to starting position 51 61
- d) front small arm circle outward 71 81
- e) front arm swing outward to a position upward 91 101
- f) front large arm circle outward 111 121

- g) front large arm circle outward in quick tempo twice 13! 14!  
 h) with an outward arm swing lower club in front and grasp it with both hands (knob in l. base in ther. hand) 15! 16!

### Calisthenics.

1) Bend arms, raising the club on chest and bend the trunk forward 1! extend arms downward 2! bend arms, club on the chest, 3! straighten the trunk and lower club 4! repeat 5-8!

2) raise the club on chest and bend the knees 1! extend arm forward 2! bend 3! stretch the knees and lower club 4! repeat 5-8!

3) raise club on chest and bend the trunk backw. 1! extend arms upward 2! bend arms, club on chest 3! straighten trunk and lower club 4! repeat 5-8!

Repeat 2) and on the last count raise the club in a starting position left a bend the r. arm rear of the body 1-8!



(12.)

### Club swinging.

3. a) Front l. arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. right 1! 2! 3! 4!
- b) front  $\frac{1}{2}$  arm circle to a position sideward and front  $\frac{1}{2}$  circle to a position sidew. right 5! 6!
- c) front arm swing downward to starting position 7! 8!
- d) front small arm circle inward 9! 10!
- e) front arm swing inward to a position upward 11! 12!
- f) front large arm circle inward 13! 14!
- g) front large arm circle inward in a quick tempo (twice) 15! 16!
- h) with an inward swing place the club in the r. hand and bend the left arm in rear 1! 2!
4. a) front r. arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. left 1! 2!

- b) front  $\frac{1}{2}$  arm circle to a position sideward and  $\frac{1}{2}$  circle to a position sidew. left 3! 4!
- c) front arm swing downward to starting position 5! 6!
- d) front small arm circle inward 7! 8!
- e) front arm swing inward to a position upward 9! 10!
- f) front large arm circle inward 11! 12!
- g) front large arm circle inward in a quick tempo (twice) 13! 14!
- h) with an inward swing lower club in front and grasp it with both hands — knob in r. base in l. hand 1 ! 16!

### Calisthenics.

5) bend arms, club on chest and bend the trunk sideward left  
 1! extend arms upward 2! bend arms 3! straighten trunk  
 and lower club 4! repeat 5-8!

6) bend arms, club on chest and hop to a side straddle position  
 on toes 1! extend arms upw. 2! bend arms 3! close heels  
 and lower club 4! Repeat 5-8!

7) repeat 5) but bend to the right and repeat 6)

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## III.

(F flank small and large arm circles and repetition of front arm circles. — Calisthenics.)

Starting position for swinging: club in perpendicular position in front of shoulder, free arm bent in rear. Begin right.

For calisthenics: club in both hands in front.

## Club swinging.

1. a) Flank r. arm swing forward to a position backward and  $\frac{1}{2}$  arm flank circle to a position forward 11 21  
 b) flank  $\frac{1}{2}$  arm circle to position backw. and to a position forward 31 41  
 c) flank arm swing downward to starting position 51 61  
 d) flank small arm circle forward 71 81  
 e) flank arm swing forward to a position upward 91 101  
 f) flank large arm circle forward 111 121  
 g) flank large arm circle forward in a quick tempo (twice each circle in one count) 131 141  
 h) flank large arm circle forward in a quick tempo and bend arm to starting position 151 161
2. repeat front arm circles lesson I. group 4. from a) do g) inward and on the last 2 counts with an inward swing change club to the l. hand and bend the r. arm in rear 1-16!
3. a) Flank arm swing (l.) forward to a position backward and flank  $\frac{1}{2}$  arm circle to a position forward 11 21  
 b) flank  $\frac{1}{2}$  arm circle to a position backward and flank  $\frac{1}{2}$  arm circle to a position forward 31 41  
 c) flank arm swing downward to starting position 51 61  
 d) flank small circle forward 71 81  
 e) flank arm swing forward to a position upward 91 101  
 f) flank large arm circle forward 111 121  
 g) flank large arm circle forward in a quick tempo (twice), each circle in one count 131 141  
 h) flank large arm circle forward and bend arm to starting position 151 161
4. repeat lesson I., group 3. from a) do g) (l. inward) and on the last count grasp the club with both hands in front 1-16!

## Calisthenics.

1) bend arms, club on chest and turn trunk to the right 1! bend trunk forward and extend arms downward 2! reverse 3! 4! the same r. 5-8 and repeat l. and r. 1-8.

2) bend knees and place the club on chest 1! turn trunk to the left and extend arms forward 2! reverse 3! 4! repeat r., l and r.

3) bend arms, and turn trunk to the left 1! bend the trunk backward and extend arms upward 2! reverse 3! 4! repeat r., l. and r.

4) repeat 2) with arms extended upward turn l., r., l. and r. and on the last count raise the club in left to starting position.

## Club swinging.

5. a) flank arm swing backward to a position forward and flank  $\frac{1}{2}$  arm circle to position backward 1! 2!  
 b) flank  $\frac{1}{2}$  arm circle to position forward and flank  $\frac{1}{2}$  arm circle to a position backward. 3! 4!  
 c) flank arm swing downward to starting position 5! 6!  
 d) flank small arm circle backward 7! 8!  
 e) flank arm swing backward to a position upward 9! 10!  
 f) flank large arm circle backward 11! 12!  
 g) flank large arm circle backward in a quick tempo twice, (each circle in one count) 13! 14!  
 h) flank large arm circle backward in a quick tempo and on last count bend arm to start. position 15! 16!
6. repeat lesson 11., group 2 from a) to g) (front circles l. outw.) and on the last 2 counts with an outward swing change club from l. to the r. hand) 1-16!
7. a) flank r. arm swing backward to a position forward and flank  $\frac{1}{2}$  circle to a position backward 1! 2!  
 b) flank  $\frac{1}{2}$  arm circle to a position forward and flank  $\frac{1}{2}$  arm circle to a position backward 3! 4!  
 c) flank arm swing downward to starting position 5! 6!  
 d) flank small arm circle backward 7! 8!  
 e) flank arm swing backward to a position upward 9! 10!  
 f) flank large arm circle backward 11! 12!

- g) flank large arm circle backward in quick tempo twice,  
(each circle in one count) 13! 14!
- h) flank large arm circle backw. in a quick tempo and on the  
last count bend arm to a starting position 15! 16!
- 8. repeat lesson II. group I. from a) to g) and on the last  
count grasp club in front with both hands 1-16!  
Repeat calisthenics 1) 2) 3) and 4) each 16 counts.

## IV.

(Front arm swings, circles and  $\frac{1}{2}$  circles changed by  $\frac{1}{4}$  turn to flank swings, circles and  $\frac{1}{2}$  arm circles. Begin right—Calisthenics.

Starting pos. for swinging: club in perpendicular position front of shoulder, free arm bent in rear. For calisthenics: club in both hands in front.

## Club swinging.

1. a) Stride sideward left foot with a front r. arm swing inward  
to a position sideward and front  $\frac{1}{2}$  arm circle to a position  
sidew. left. 1! 2!
- b) front  $\frac{1}{2}$  arm circle to a position sidew., and  $\frac{1}{2}$  arm circle to  
a position sidew. left 3! 4!
- c) front arm swing downward to starting position 5! 6!
- d) front small arm circle inward 7! 8!
- (Note: left foot remains in a stride pos. sidew. On the 8th  
count, by a  $\frac{1}{4}$  turn — on heels — to the left, the position is  
changed to stride pos. l. forward.)
- e) flank r. arm swing forw. to pos. backward and flank  $\frac{1}{2}$   
arm circle to a position forward 9! 10!
- f) flank  $\frac{1}{2}$  circle to a position backw. and flank  $\frac{1}{2}$  circle to a  
position forward 11! 12!
- g) flank arm swing downward to starting position 13! 14!
- h) small flank arm circle forward — and on the 8th count  $\frac{1}{4}$   
turn (on the r. foot) to the r. and close with the left 15! 16!
2. a) Stride sidew. left foot, with a front r. arm swing inward to a  
position upward 1! 2!

- b) front large arm circle inward 3! 4!  
 c) front large arm circle inward twice in a quick tempo 5! 6!  
 d) repeat c) and on the 8th count, when the club reaches position upward, make a  $\frac{1}{4}$  turn to the left 7! 8!  
 (See note above.)



(13.)

- e) flank large arm circle forward 9! 10!  
 f) repeat e) 11! 12!  
 g) flank large arm circle forw. twice in a quick tempo (twice) 13! 14!  
 h) flank large arm circle forw. in a quick tempo (once)—grasp the club above the head with the l. hand (15.) bend left to starting pos. and right in rear —  $\frac{1}{4}$  turn r. and close with the left 15! 16!

3. Repeat 1. and 2. from a) to h) with the left inward, with a stride pos. sidew. r.,  $\frac{1}{4}$  turns right and flank circles forw. On the last count lower club in front, the knob in l. and base in the r. hand.)

### Calisthenics.

1) stride left forw. and raise club upward 1! bend trunk forw., arms in a line with the trunk 2! reverse 3! 4! repeat with a stride pos. right 5-8!

2) bend knees slowly and raise club upw. 1-4!  
 stretch the knees slowly and lower club in front 5-8!

3) stride backw. l. and raise club upw. 1! bend trunk backw. (head betw. arms) 2! reverse 3! 4!

4) repeat 2)

Repeat 1) 2) 3) 4) and on the last count raise the club to start. position left and bend right arm in rear.)

### Club swinging.

5. a) Stride sidew. left foot, with a front l. arm swing outward to a position sidew. right — and  $\frac{1}{2}$  arm circle to a position sidew. 1! 2!

- b) front  $\frac{1}{2}$  arm circle to pos. sidew. r. and front  $\frac{1}{2}$  arm circle to a position sideward 3! 4!
  - c) front arm swing downward to start. position 5! 6!
  - d) front small circle outward and on the 8th count  $\frac{1}{4}$  turn to the right (turn on heels) 7! 8!
  - e) flank arm swing backward to a position forward and flank  $\frac{1}{2}$  circle to a position backward 9! 10!
  - f) flank  $\frac{1}{2}$  arm circle to a position forw. and flank  $\frac{1}{2}$  arm circle to a position backw. 11! 12!
  - g) flank arm swing downward to starting position 13! 14!
  - h) flank small arm circle backward and on the last count  $\frac{1}{4}$  turn to the left (on the right foot) and close heels with the left 15! 16!
6. a) stride sidew. left with a front l. arm swing outward to a position upward 1! 2!
- b) front large arm circle outward 3! 4!
  - c) front large arm circle outward twice in a quick tempo 5! 6!
  - d) repeat c) and on the 8th count make a  $\frac{1}{4}$  turn to the right (see note above) 7! 8!
  - e) flank large arm circle backward 9! 10!
  - f) repeat e) 11! 12!
  - g) flank large arm circle backward in a quick tempo twice 13! 14!
  - h) repeat g) once, change the club to the r. hand above the head and on the last count  $\frac{1}{4}$  turn left on the r. foot, close with the left, bend r. arm to starting pos. and the left in rear 15! 16!
- 7 and 8. repeat 5. and 6. outw. r. with a stride pos. sidew. right,  $\frac{1}{4}$  turn left and on the last count grasp the club in front with both hands.

### Calisthenics.

- 5) stride sidew. left and raise the club upward 1! bend trunk sidew. left 2! reverse 3! 4! repeat to the right 5-8!
- 6) repeat 2) and repeat 5) but begin right

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(As a preparatory exercise for the next lesson practice flank hand circles: from starting position drop the club forward and swing it up



again to starting pos. (Fig. 14.) Practice the same backward, with arm bent and in position forward. Practice both — on the outer and inner side of the arm, the latter with arm extended, palm facing downward. Practice l. and right.)

# V.



(Flank small and large arm circles. Large arm circles in quick tempo with raising the leg forw. or backw. Front small and large arm circles. Large arm circles in a quick tempo with raising leg sidew. Calisthenics.)

Starting position for swinging: club in perpendicular pos. front of shoulder, free arm bent in rear. Begin right For Calisthenics: club in both hands in front.

## Club swinging.

1. a) Stride position forw. left, with a flank small r. arm circle forward 1! 2!  
 b) flank arm swing forward to a position upward (remain in stride pos.) 3! 4!  
 c) raise r. leg backward and swing flank large arm circle forw. in a quick tempo twice (fig. 15.) 5! 6!  
 d) flank arm swing forward to a position upward and replace the r. foot (7) bend arm to starting position and close with the left 7! 8!
2. repeat 1. a) b) c) d) 9-16!
3. a) Stride sidew. left and swing front small r. arm circle inward 1! 2!  
 b) front arm swing inward to a position upward — l. foot remaining in stride pos. 3! 4!  
 c) raise r. leg sideward and swing front large arm circle inward in a quick tempo twice (Fig 16.) 5! 6!  
 d) front arm swing inward to a position upward and replace r. foot (7!) bend arm to start. pos. and close with the left 7! 8!

4. repeat 3. a) b) c) d) and on the last 2 counts with an inward swing change the club from r. to the left hand 9-16!
5. a) Stride forw. right foot with a flank small l. arm circle forward 11 21
- b) flank arm swing forward to a position upward — r. foot remaining in a stride pos. 31 41



(15.)

- c) raise the left leg backward and swing flank large arm circle forward in a quick tempo twice 5! 6!
- d) flank arm swing forw. to a position upward and replace l. foot (7!) bend arm to starting pos. and close with the right 7! 8!
6. repeat 5. a) b) c) d) 9-16!
7. a) Stride sidew. right and swing small l front small arm circle inward 11 21

- b) front arm swing inward to a position upward—r. foot remaining in position 3! 4!
- c) raise the l. leg sidew. and swing front large arm circle inward in a quick tempo twice 5! 6!
- d) front arm swing inw. to a position upw. and replace l. foot—bend arm to start pos. and close with the right 7! 8!
- 8. repeat 7. a) b) c) d) and on the last count, grasp the club with both hands in front 9-16!

### Calisthenics.

- 1) stride forw. l. and raise club across the shoulders—elbows sidew. 1-2! bend trunk forward and raise r. leg backw. 3-4! reverse 5-8! Repeat but stride forw. right and raise the l. leg 9-16!
- 2) raise the club across the shoulders and stride backw. left. 1-2! bend trunk backw. and raise r. leg forward 3-4! reverse 5-8! repeat but stride right and raise left 9-16!
- 3) raise club across the shoulders and stride sidew. left 1-2! bend sidew. l. and raise r. leg sidew. 3-4! reverse 5-8! repeat contrarywise 9-16! and on the last count raise club to start. pos. left and bend r. arm in rear.

### Club swinging.

- 9. a) stride backw. l. and swing flank small l. arm circle backward 1! 2!
- b) flank arm swing backw. to a position upward—l. foot remaining in a stride pos. 3! 4!
- c) raise the right leg forward and swing flank large arm circle backward in a quick tempo twice 5! 6!
- d) flank large arm circle backw. and replace r. foot (7!) bend arm to start. position and close with the left 7! 8!
- 10. Repeat 9. a) b) c) d) 9-16!
- 11. a) stride sidew. left and swing front small l. arm circle outward 1! 2!
- b) front arm swing outward to a position upward—left foot remaining in stride pos. 3! 4!
- c) raise right leg sidew. and swing front large arm circle outward in a quick tempo twice 5! 6!

- d) replace r. foot with a front large arm circle outw. (7!) bend arm to start. position and close with the left 7! 8!
12. repeat 11. a) b) c) d) and on the last 2 counts with an outward swing change club from left to the r. hand 9-16!
13. a) stride backward right and swing flank small arm circle backward 1! 2!



(16.)

- b) flank arm swing backward to a position upward—r. foot remaining in stride pos. 3! 4!
- c) raise the left leg forw. and swing flank large arm circle backw in a quick tempo twice 5! 6!
- d) flank large arm circle backw. and replace left foot (7) bend arm to start. position and close with the right 7! 8!
14. repeat 13. a) b) c) d) 9-16!

15. a) Stride sidew. right and swing front small r. arm circle outward 1! 2!  
 b) front arm swing outward to a position upward—r. foot remaining in stride pos. 3! 4!  
 c) raise the left leg sidew. and swing front large arm circle outward in a quick tempo twice 5! 6!  
 d) replace l. foot with a front large arm circle outw. (7!) bend arm to starting pos. and close with the right 7! 8!  
 16. repeat 15. a) b) c) d) and on the last count grasp the club in front with both hands 9-16!

### Calisthenics.

Repeat 1) 2) 3 and 4)

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(Practice front low hand circle as follows: raise the club to a position sidew. From that position swing downward, holding the club loosely betw. the thumb and first finger, swing the low hand circle in front of thigh on 1! and on 2! swing the club to a straight pos. inward. On 3! swing front  $\frac{1}{2}$  arm circle to position sidew. and repeat. Practice r. and left, inward and outward. Practice outw. and inward continually in 2 counts as follows: from pos. sidew. swing downward and swing the low hand circle on 1! on 2! swing the club to a horizontal position inward—from that pos. swing downward, repeat the low hand circle inward 1! and on 2! swing the club to position sidew.)

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## VI.

(Flank  $\frac{1}{2}$  arm circles with flank hand circle—front arm circles with front low hand circle. Begin right. Calisthenics.)

Starting pos. for swinging: club in perpendicular position front of shoulder, free arm bent in rear. For calisthenics: club in both hands in rear.

## Club swinging.

1. a) Flank r. arm swing forw. to a position backward, and flank  $\frac{1}{2}$  circle to position forward 1! 2!
- b) tip the club on the forearm and swing flank hand circle forw. outside the bent arm (see fig. 14.) 3! 4!
- c) extend arm, swing  $\frac{1}{2}$  flank arm circle to pos. backw. and  $\frac{1}{2}$  arm circle to pos. forward 5! 6!
- d) tip the club on the forearm and move arm sideward (club remains on forearm) 7! 8!
- e) front arm swing downward and front low hand circle outward (fig. 17.) 9! 10!
- f) front small arm circle outward and front low hand circle outward 11! 12!
- g) repeat f) 13! 14!
- h) with a front arm swing outward change the club from r. to the l. hand and bend r. in rear 15! 16!
2. Repeat 1. from a) to h) l. and on the last 2 counts change the club from l. to r. hand 1-16!
3. Repeat 1. from a) to d) but on the 8th count move the arm inward (across the chest) 1-8!
- e) front r. arm swing downward and front low hand circle inward 9! 10!
- f) front small arm circle inward and front low hand circle inward 11! 12!
- g) repeat f) 13! 14!
- h) with an arm swing inward change club from r. to the left hand and bend right in rear 15! 16!
4. Repeat 2. from a) to d) and on the 8th count move arm inward 1-8!
- e) repeat 3. e) f) g) inward and on the last count grasp the club with both hands in rear 9-16!

## Calisthenics.

1) Place l. foot forw. and bend r. knee 1! close with the l. and straighten the r. knee 2! repeat contrarywise 3! 4! bend the head forw. 1! raise 2! bend the trunk forw. 3! straighten 4! Alternate the leg, ex. with head and trunk ex.

2) place l. foot backw. and bend r. knee 1! close and straighten the knee 2! contrarywise 3! 4! bend the head backw. 1! raise 2! bend the trunk backw. 3! straighten 4! (Alternate).

3) place l. foot sidew. and bend r. knee 1! close with the l. and stretch the knee 2! contrarywise 3! 4! bend the head sidew. l. 1! raise 2! bend the trunk sidew. l. 3! straighten 4! alternate

4) repeat 3) contrarywise and alternate. Repeat the club swinging 1. 2. 3. 4. and repeat the calisthenics.



(17.)

(Preparatory practice for hand circle rear of shoulder: swing the flank hand circle (arm bent) forw. several times and while swinging that circle, move the elbow gradually to a position side-ward; changing of the position of the arm will change the flank hand circle forward to hand circle rear of shoulder outward. Practice r. and l. Swing the flank hand circle backward continually and move the arm sidew., thus changing the flank hand circle backward to hand circle rear of shoulder inward. Pay strict attention to the position of the arm, while swinging the hand circle rear of shoulder.)

## VII.

(Flank small arm and hand circles forward and backw. Front small arm, front low hand circle and hand circle rear of shoulder outward and inward. Calisthenics.)

Starting pos. for club swinging: Club in perpendicular position front of shoulder, free arm bent in rear. Begin right.

For calisthenics: clubs in both hands in front.

## Club swinging.

1. a) Flank small r. arm circle forward and flank hand circle outside the arm forward 1! 2!
  - b) repeat a) 3! 4!
  - c) flank hand circle forward outside of the arm (arm bent) twice 5! 6!
  - d) move arm sideward and continue hand circle rear of shoulder outward twice (Fig. 18.) 7! 8!
  - e) front small arm circle outward and hand circle outward rear of shoulder 9! 10!
  - f) front arm swing outward and front low hand circle outward 11! 12!
  - g) front arm swing outward, to a position upward and hand circle outw. rear of shoulder 13! 14!
  - h) with an outward swing change the club from r. to the left hand and bend the r. arm in rear (18.) 15! 16!
2. repeat 1 from a) to h) (l. outward) and on the last 2 counts with an outward swing change the club from l. to the r. hand 1-16!
  3. and 4. repeat 1. and 2. and on the last count grasp the club in front with both hands 1-32!





## Calisthenics.

1) lunge forw. left and raise the club across shoulders (elbows sidew.) 1! bend trunk forw. 2! reverse 3! 4! Repeat, but lunge right. 5-8!

2) lunge l. backward, club across shoulders 1! bend the trunk backw. 2! reverse 3! 4! repeat, lunging right 5-8!

3) lunge sidew. left, club across the shoulders 1! bend trunk sidew. left 2! reverse 3! 4! repeat right 5-8!

4) lunge sidew. left, club across the shoulders 1! turn trunk to the left 2! reverse 3! 4! repeat right and on the last count raise club to starting position left and bend r. arm in rear.

## Club swinging.

5. a) Flank small arm circle backward and flank hand circle backward outside the arm 1! 2!
  - b) repeat a) 3! 4!
  - c) flank hand circle backward outside the arm twice 5! 6!
  - d) move arm sideward and swing hand circle rear of shoulder inward twice 7! 8!
  - e) front small arm circle inward and hand circle inward rear of shoulder 9! 10!
  - f) front arm swing inward and front low hand circle inward 11! 12!
  - g) front arm swing inward to a position upward and hand circle inward rear of shoulder 13! 14!
  - h) with an inward swing change club from l. to the right hand 15! 16!
  6. Repeat 5. inward right 1-16!
  7. and 8. repeat 5. and 6. and on the last count grasp the club in front with both hands 1-32!
- Repeat calisthenics from 1) to 4)
-

(Preparatory ex. for front upper hand circle: practice with the arm extended forward, club hanging downward. Circle club outward and inward. Practice r. and left. After a short practice with arm in forw. position swing the same circle and raise the arm gradually upward. Swing now with a front large a. circle.)

## VIII.

(Small front arm circles, arm swings and  $\frac{1}{2}$  arm circles. Small arm circles with steps sideward, forw. and backward,  $\frac{1}{2}$  arm circles with trunk and leg ex. Front low hand circles and hand circles rear of shoulder and front upper hand circle.)

Starting position: club in perpendicular position front of shoulder, free arm bent in rear. — Begin right.

1. a) Step sideward right (step r. and close with the l.) with front small arm circle outward 1! 2!
- b) repeat a) 3! 4!
- c) front arm swing outward to position inward, (sidew. left) tip the club on the forearm and bend trunk sidew. right 5! 6!
- d) straighten the trunk with  $\frac{1}{2}$  front arm circle to a position sideward, tip club on the forearm and bend trunk sidew. left (Fig. 19.) 7! 8!
- e) straighten trunk with a front arm swing downward and front low hand circle outward 9! 10!
- f) front arm swing outward to a position upward and hand circle outward rear of shoulder 11! 12!
- g) large arm circle outward and front upper hand circle outward (Fig. 20.) 13! 14!
- h) with an outward swing change the club from r. to the left hand and bend the r. arm in rear 15! 16!
2. repeat 1. from a) to h) to the left: with steps to the left, trunk bending left and right and on the last 2 counts with



(19.)

an outward swing change the club from l. to r. hand and bend left arm in rear.

3. a) repeat 1. from a) to h) with the following change in ex. c) and d); instead of bending trunk sidew. bend and stretch the knees twice 1-16!
4. repeat ex. 3. from a) to h) (left) 1-16!
5. a) Follow step forward left (step 1. and close with r.) with a front small r. arm circle inward 1! 2!
- b) repeat a), but step r. and close with the left 3! 4!
- c) front arm swing inward to a position sidew., tip the club on the forearm and bend the trunk forward 5! 6!
- d) straighten trunk with a front  $\frac{1}{2}$  arm circle to pos. inward (sidew. left) tip the club on forearm and bend the trunk backward 7! 8!
- e) straighten trunk with a front arm swing downward and front low hand circle inward 9! 10!
- f) front arm swing inward to a position upward and a hand circle inward rear of shoulder 11! 12!
- g) front large arm circle inward and front upper hand circle inward 13! 14!
- h) with an inward swing change the club from r. to the l. hand and bend the r. arm in rear 15! 16!
6. a) repeat 5. left inward, but ex. a) and b) follow steps backward and bend trunk backw. and forw. 1-16!
7. repeat 5. but in ex. c) and d) bend and stretch the knees twice 1-16!
8. repeat 6. but in ex. c) and d) bend and stretch the knees twice 1-16!

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(Preliminary practice: Horizontal hand circle above the hand l. and r. outw. and inward. Explain to the pupils, that in moving the arm from position sidew. to position inward, or vice versa, the base of club starts forw. If they swing the front low hand circle well, they will not have any trouble with the horizontal circle.)

## IX.

(Front small arm circles with steps sidew., forward and backward —front  $\frac{1}{2}$  arm circles with leg and trunk ex. Four hand circles in one combination.)

Starting position: Club in perpendicular position front of shoulder — free arm bent in rear. Begin right.

1. a) Step sidew. right with a front small arm circle outward 11 21  
 b) repeat a) 31 41  
 c) front arm swing outward to a position sidew. left, tip the club on the forearm and bend trunk sidew. right 51 61  
 d) straighten the trunk, with a front  $\frac{1}{2}$  arm circle to position sideward, tip the club on the forearm and bend trunk sidew. left (Fig. 21.) 71 81  
 e) f) straighten the trunk and repeat a) b) 9-121  
 g) front arm swing outward to a position sidew. left, tip the club on the forearm and bend knees 13-141  
 h) stretch the knees with a front  $\frac{1}{2}$  arm circle to a position sideward, tip club on the forearm and bend knees again 151 161
2. a) stretch the knees and swing front arm swing downward and front low hand circle outward 11 21  
 b) small front arm circle outward, arm swing upw. to a position sidew. left and horizontal hand circle outward above the hand to a position sideward 31 41  
 c) front arm swing downward to a pos. upward and hand circle rear of shoulder outward 51 61  
 d) large arm circle outward and front upper hand circle outward 71 81  
 e) arm swing downward and repeat a) 91 101  
 f) g) repeat b) c) 111 141  
 h) with an outward swing change club from r. to the l. hand (omit the last hand circle) and bend the r. arm in rear 15-161
3. repeat 1. from a) to h) contrarywise (steps left and begin with trunk bending to the left). 1-161
4. repeat 2. from a) to h), (outw. left) and on the last 2 counts change the club from l. to r. hand and bend the left in rear 1-161

5. a) Follow steps forw. left (step left, close with the right) with a front small arm circle inward 11 21  
 b) follow step forw. right, with a front small arm circle inward 31 41  
 c) front arm swing inward to a position sidew., tip the club on the forearm and bend trunk forward 51 61



(20.)

- d) straighten trunk — front  $\frac{1}{2}$  arm circle to a pos. sidew. left, tip club on the forearm and bend trunk backward 71 81  
 e) f) straighten trunk and repeat a) b) 9-121  
 g) front arm swing inward to a position sidew., tip the club on the forearm and bend the knees 131 141  
 h) stretch the knees with a front  $\frac{1}{2}$  arm circle to a position sidew. left, tip the club on the forearm and bend knees again 151 161
6. a) stretch the knees and swing front arm swing downward and front low hand circle inward 11 21  
 b) front small arm circle inward, arm swing upward to a position sideward and horizontal hand circle above the hand to a position sidew. left 31 41  
 c) front arm swing downward to a position upward and hand circle rear of shoulder inward 51 61  
 d) front large arm circle inward and front upper hand circle inward 71 81  
 e) front arm swing inward and front low hand circle inward 91 101  
 f) g) repeat b) c) 11-141  
 h) with an inward swing change club from right to the left hand and bend the r. arm in rear 151 161
7. repeat 5. from a) to h) (left inward) with steps backward and bend trunk backw. and forw. 1-161

8. repeat 6. from a) to h) (left inward.)

1-161

(Preparatory ex. for "swing overhead." Club in r. hand: front arm swing inward to a position sideward. Turn the palm upward, drop the club downward and with a small  $\frac{1}{2}$  circle rear of the head move the club to a position sidew. left—hand front of left shoulder. Repeat several times. Same with a front arm swing outward to a position sidew. left: from that position raise the club overhead, drop downward and with a small  $\frac{1}{2}$  circle rear of head swing it to a position sideward. Repeat several times. Practice r. and left. Be sure that the pupils swing the club from a horizontal to horizontal position, height of shoulder.)

### X.

(Direction of front arm swings, large, small and hand circles changed by "swing over". Calisthenics.)

Starting position for swinging: club in perpendicular position front of shoulder, free arm-bent rear of body. Begin right. Starting pos. for calisthenics: Club in both hands in front.

### Club swinging.

1. a) Front r. arm swing outward to a position sidew. left and "swing over" to a position sideward 1! 2!
- b) front  $\frac{1}{2}$  arm circle to a position sidew. left and tip the club on the forearm 3! 4!
- c) front arm swing downward and front low hand circle inward 5! 6!
- d) front small arm circle inward, arm swing upward and hand circle inward rear of shoulder 7! 8!
- e) front arm swing inward to a position sideward and "swing over" to a position sidew. left 9! 10!
- f) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 11! 12!



(21.)

- g) front arm swing downward and front low hand circle outward 13! 14!
- h) front small circle outward, arm swing upw. and hand circle rear of shoulder outward 15! 16!
- 2. Repeat 1. from a) to g) and on the last 2 counts with an outward swing change club from r. to the left hand and bend the r. arm in rear 1-16!
- 3. a) Front l. arm swing outward to a position sidw. right and swing over to a position sideward 1! 2!
- b) front  $\frac{1}{2}$  arm circle to a position sidw. right and tip the club on the forearm 3! 4!
- c) front arm swing downward and front low hand circle inward 5! 6!
- d) front small arm circle inward, arm swing upward and hand circle rear of shoulder inward 7! 8!
- e) front arm swing inward to a position sideward and swing over to a position sidw. right (Fig. 22.) 9! 10!
- f) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 11! 12!
- g) front arm swing downward and front low hand circle outward 13! 14!
- h) front small circle outward, front arm swing upward and hand circle rear of shoulder outward 15! 16!
- 4. repeat 3. from a) to g) and on the last count grasp the club in front with both hands 1-16!

### Calisthenics.

1) lunge forw. left and bend arms club on chest 1! change position of knees and extend arms forw. 2! reverse 3! 4! repeat lunging right 5-8!

2) lunge backw. left, bend arms, club on chest 1! change position of knees and extend arms upw. 2! reverse 3! 4! repeat lunging right 5-8!

3) lunge sidw. left and raise club upward 1! change position of knees and bend arms, club across shoulders 2! reverse 3! 4! repeat lunging right 5-8!

4) bend knees slowly and raise club upw. 1-4! stretch knees and lower club. Repeat 1, 2, 3, 4, and on the last count raise club to starting pos. left, and bend right arm in rear 5-8!

### Club swinging.

5. a) repeat 3. a) 1! 2!  
 b) repeat 3. b) 3! 4!  
 c) front arm swing downward and upw. to a position upward and front upper hand circle inward 5! 6!  
 d) front arm swing inward to a position sideward and horizontal hand circle inward to a position sidew. right 7! 8!  
 e) repeat 3. e) 9! 10!  
 f) repeat 3. f) 11! 12!  
 g) front arm swing downward and upw. to a position upward and front upper hand circle outward 13! 14!  
 h) front arm swing downward to a position sideward right and horizontal hand circle above the hand to a position sideward 15! 16!
6. Repeat 5. from a) to g) and on the last 2 counts with an outward swing change the club from left to the right hand 1-16!
7. a) repeat 1. a) 1! 2!  
 b) repeat 1. b) 3! 4!  
 c) front arm swing downward to a position upward and front upper hand circle inward 5! 6!  
 d) front arm swing inward to a position sideward and horizontal hand circle inward to a position sidew. left 7! 8!  
 e) repeat 1. e) 9! 10!  
 f) repeat 1. f) 11! 12!  
 g) front arm swing downward to a position upward and front upper hand circle outward 13! 14!  
 h) front arm swing outward to a position sidew. left and horizontal hand circle above the hand to a position sideward. (Fig. 23.) 15! 16!
8. repeat 7. from a) to g) and on the last count grasp the club with both hands in front 1-16!



## Calisthenics.

1) repeat 1) and on 2! change pos. of knees and bend trunk forw., same right.

2) repeat 2) and on the 2nd count change pos. of knees and bend trunk backw., same right.

3) repeat 3) and on the 2nd count change pos. of knees and bend trunk sidew. left. Same to the right.

4) repeat 4)

(Preparatory ex. for hand circle rear of hip: Practice the movement without the club first. From starting pos. move hand inward downward, and when opp. the hip bend the elbow and wrist so as to raise the hand to the height of hip, thumb toward the body, forefinger straight. Move the hand backward inward and extend downward, move sidew. and repeat Practice in 4 counts: move arm inw. downward 1! bend the wrist and elbow 2! move backw. and inw. 3! extend downward and move sidew. 4! After a short practice repeat the same in 2 counts: swing hand inward, downward and raise to the height of hip 1! move backw. inward and extend 2! practice r. and l. If the pupils master the movement without the club, much time will be saved when they start to swing the circle with the club.)

## XI.

(Front arm swings,  $\frac{1}{2}$  arm circles, small and large arm circles and hand circles— $\frac{1}{2}$  circles combined with the trunk ex., hand circles with leg ex.)

Starting position: club in perpendicular position front of shoulder, free arm bent in rear. Begin right.

1. a) Front r. arm swing outward rear of the body—club to horizontal pos. height of hip—and  $\frac{1}{2}$  arm circle to position sideward 1! 2!
- b) swing over to a position sidew. left and front  $\frac{1}{2}$  arm circle to a position sideward 3! 4!
- c) front  $\frac{1}{2}$  arm circle to a position sidew. left and tip the club on the forearm 5! 6!
- d) move arm sideward and bend the trunk backward—move arm to pos. sidew. left and straighten trunk 7! 8!
- e) front arm swing downward front low hand circle inward with raising and lowering heels 9! 10!
- f) small front arm circle inward, arm swing upward and hand circle inward rear of shoulder, with bending and stretching the knees (bend knees half-way) 11! 12!
- g) repeat e) 13! 14!
- h) repeat f) 15! 16!
2. a) After swinging the rear shoulder circle to a position upward, swing front arm swing inward to a position sideward—and  $\frac{1}{2}$  circle to pos. sidew. left rear of body 1! 2!
- b)  $\frac{1}{2}$  arm circle to position sideward and swing overhead to a position sidew. left 3! 4!
- c) front  $\frac{1}{2}$  circle to a position sideward and tip club on the



(22.)

- the forearm 5! 6!
- d) move the arm sidw. left (front of chest) and bend the trunk forw.—move arm sidw. and straighten the trunk 7! 8!
- e) f) g) repeat 1. e) f) g) (hand circles) outward and on the last two counts h) with an outward swing change the club from r. to the left hand and bend r. arm in rear 15! 16!
3. a) Left arm swing outward rear of body and  $\frac{1}{2}$  circle to a position sideward 1! 2!
- b) swing over to a position sideward right, and front  $\frac{1}{2}$  arm circle to a position sideward 3! 4!
- c) front  $\frac{1}{2}$  arm circle to a position sidw. right and tip the club on the forearm 5! 6!
- d) move the arm sideward and bend the trunk backward—move arm sidw. inward (to the right) and straighten trunk 7! 8!
- e) front arm swing downward and front low hand circle inward with raising and lowering heels 9! 10!
- f) front small arm circle inward — arm swing upward and hand circle rear of shoulder inward with bending (half way) and stretching the knees 11! 12!
- g) repeat e) 13! 14!
- h) repeat f) 15! 16!
4. a) Front arm swing inward to a position sideward and  $\frac{1}{2}$  arm circle rear of body to pos. sidw. right 1! 2!
- b)  $\frac{1}{2}$  arm circle to pos. sideward and swing over to a position sidw. right 3! 4!
- c) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 5! 6!
- d) move arm to a position sidw. right and bend the trunk forw.—move arm sidw. and straighten the trunk 7! 8!
- e) f) g) repeat 3. e) f) g) outward and on the last 2 counts h) with an outward swing change the club from r. left to the r. hand and bend the l. arm in rear. 9-16!
5. a) b) c) repeat 1. a) b) c) 1-6!
- d) move arm sideward and bend the trunk sidw. left, move arm to the left and straighten trunk 7! 8!
- e) front arm swing inward to a position upward and front upper hand circle inward with raising and lowering the heels 9! 10!

- f) front arm swing inward to a position sideward and horizontal hand circle inward above the arm with bending (half-way) and stretching the knees 11! 12!
- g) repeat e) 13! 14!
- h) repeat f) 15! 16!
6. a) b) c) repeat 2. a) b) c) 1-6!
- d) move arm to a position sidew. left and bend the trunk sidew. right, move arm sideward and straighten trunk 7! 8!
- e) f) g) repeat 5. e)
- f) g) outward and on the last 2 counts, h) with an outward swing, change the club to the l. hand 9-16!
7. a) b) c) repeat 3. a) b) c) 1-6!
- d) move arm sideward and bend the trunk sidew. right — move arm inward and straighten trunk 7! 8!
- e) front arm swing inward to a position upward and front upper hand circle inward with raising and lowering the heels 9-10!
- f) front arm swing inward to a position sideward and horizontal hand circle above the arm with bending and stretching the knees 11! 12! (23.)
- g) repeat e) 13! 14!
- h) repeat f) 15! 16!
8. a) b) c) repeat 4. a) b) c) 1-6!
- d) move arm to a position sidew. right and bend the trunk sidew. left, move arm sideward and straighten the trunk 7! 8!
- e) f) g) h) repeat 7. e) f) g) h) outward 9-16!



(Practice low hand circle rear of hip outward without the club: extend r. arm sideward, palm facing downward, forefinger extended. Move arm downward, rear of the body, bend the wrist and elbow so as to raise the hand to the height of hip, palm facing upward. Move the hand forward, inward, extend downward and move upward to a position sideward and repeat. Practice right and left. First in 4 counts, then in 2 and finally with a club.)

## XII.

(Front small and large arm circles, and hand circles —  $\frac{1}{2}$  arm circles combined with trunk ex., hand circles combined with leg ex.)

Starting pos.: club in perpendicular position front of shoulder, free arm bent in rear. Begin right.

1. a) Front r. arm swing outward to a position sidew. left and swing over to a position sideward 1! 2!  
 b) front  $\frac{1}{2}$  arm circle to a position sidew. left and tip the club on the forearm 3! 4!  
 c) move arm to a position sideward and bend the trunk forward — move arm to a pos. sidew. left and straighten trunk 5! 6!  
 d) move arm to a position sideward and bend the trunk backward — straighten trunk and move arm to pos. sidew. left 7! 8!  
 e) front  $\frac{1}{2}$  arm circle to a position sideward and swing over to a position sidew. left 9! 10!  
 f) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 11! 12!  
 g) raise arm sidew. upward and bend the trunk sidew. left (Fig. 24.) straighten trunk and lower arm to pos. sideward 13! 14!  
 h) move arm to a pos. sidew. left and turn the trunk to the left — turn trunk forw. and move arm sideward 15! 16!
2. a) from the position sidew. front arm swing downward and front low hand circle outward with raising and lowering the heels 1! 2!  
 b) front arm swing upward and hand circle rear of shoulder outward with (half way) bending and stretching the knees 3! 4!  
 c) front arm swing outward to a position upward and front upper hand circle outward with raising and lowering the heels 5! 6!  
 d) front arm swing outward to a position sideward left, and horizontal hand circle above the hand to a position sideward with bending and stretching the knees 7! 8!  
 e) f) g) repeat a) b) c) and on the last 2 counts, h) with an outward swing change the club from r. to the l. hand 9-16!

3. a) Front l. arm swing outward to a pos. sidew. right and swing over to a position sideward 11 2!  
 b) front  $\frac{1}{2}$  arm circle to a position sidew. right and tip the club on the forearm 31 4!  
 c) move arm sideward and bend the trunk forward — move arm to a pos. sidew. right and straighten trunk 51 6!  
 d) move arm sideward and bend the trunk backward — straighten trunk and move arm to a position sidew. right 71 8!  
 e) front  $\frac{1}{2}$  arm circle to a position sideward and swing over to a position sideward right 91 10!  
 f) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 111 12!  
 g) raise arm side-upward and bend the trunk sidew. right — lower arm to a position sideward and straighten trunk 131 14!  
 h) move arm to a position sidew. right and turn trunk to the right (Fig. 25.) turn trunk forward and move arm side-ward 151 16!
4. Repeat 2. from a) to g) (hand circles outw. left with knee bending and heels elevation) and on the last 2 counts h) with an outward swing change the club from left to the r. hand 1-16!  
 (Repeat 1, 2, 3 and 4 in reversed order, as follows:)
5. a) Front r. arm swing inward to a position sideward and swing over to a position sidew. left 11 2!  
 b) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 31 4!  
 c) raise arm side-upward and bend the trunk sidew. left (see Fig. 24.) — straighten trunk and lower arm to pos. sideward 51 6!  
 d) move arm to a position sidew. left and turn trunk to the



(24.)

left — move arm to a position sideward and turn trunk forward 7! 8!

e) front  $\frac{1}{2}$  arm circle outw. to a position sidew. left and swing over to a position sideward 9! 10!

f) front  $\frac{1}{2}$  arm circle to a position sidew. left and tip the club on the forearm 11! 12!

g) move arm to a position sideward and bend the trunk forward — move arm to a pos. sidew. left and straighten the trunk 13! 14!

h) move arm to a position sideward and bend the trunk backward — straighten trunk and move arm to a position sideward left 15! 16!

6. Repeat all the hand circles with knee bending and heels elevation r. inward and on the last 2 counts h) with an inward swing change the club from r. to the l. hand and bend the l. arm in rear 1-16!

7. a) Front l. arm swing inward to a position sideward and swing over to a position sidew. right 1! 2!

b) front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm 3! 4!

c) raise arm side-upward and bend the trunk sidew. right — straighten trunk and lower arm to a pos. sideward 5! 6!

d) move arm to a position sidew. right and turn the trunk to the right (see Fig. 25.) turn trunk forward and move arm to a position sideward 7! 8!

e) front  $\frac{1}{2}$  arm circle to a position sidew. right and swing over to a position sideward 9! 10!

f) front  $\frac{1}{2}$  arm circle to a position sidew. right and tip the club on the forearm 11! 12!

g) move arm to a position sideward and bend the trunk forward — move arm to a position sidew. right and straighten trunk 13! 14!



(25.)

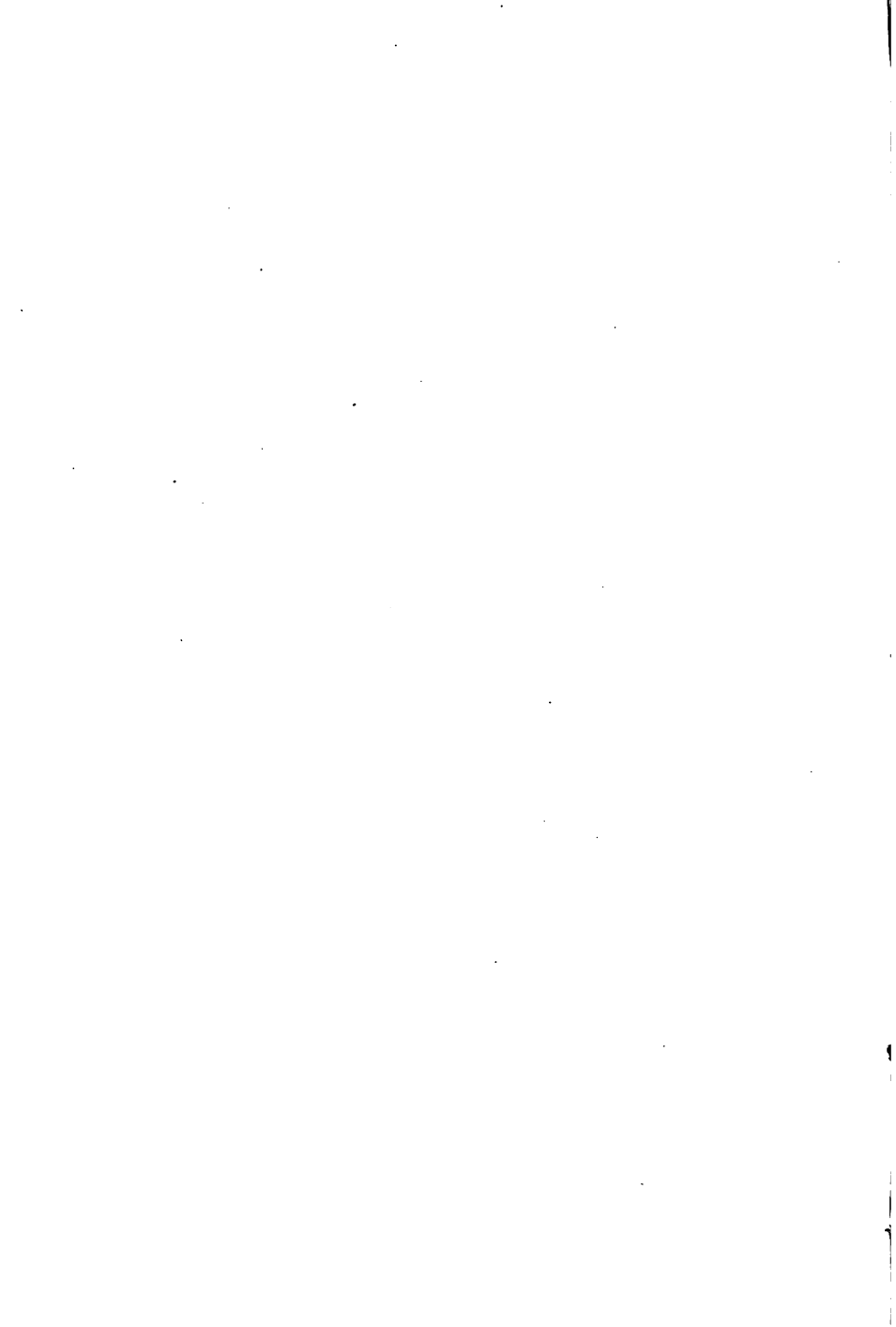
- h) move arm to a pos. sideward and bend the trunk backward  
 move arm to a position sidew. right and straighten trunk  
 15! 16!
- 8. Repeat all the hand circles with bending the knees and heels  
 elevations inward left 1-16!

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(Practice the rear hip hand circle inward and outward.)

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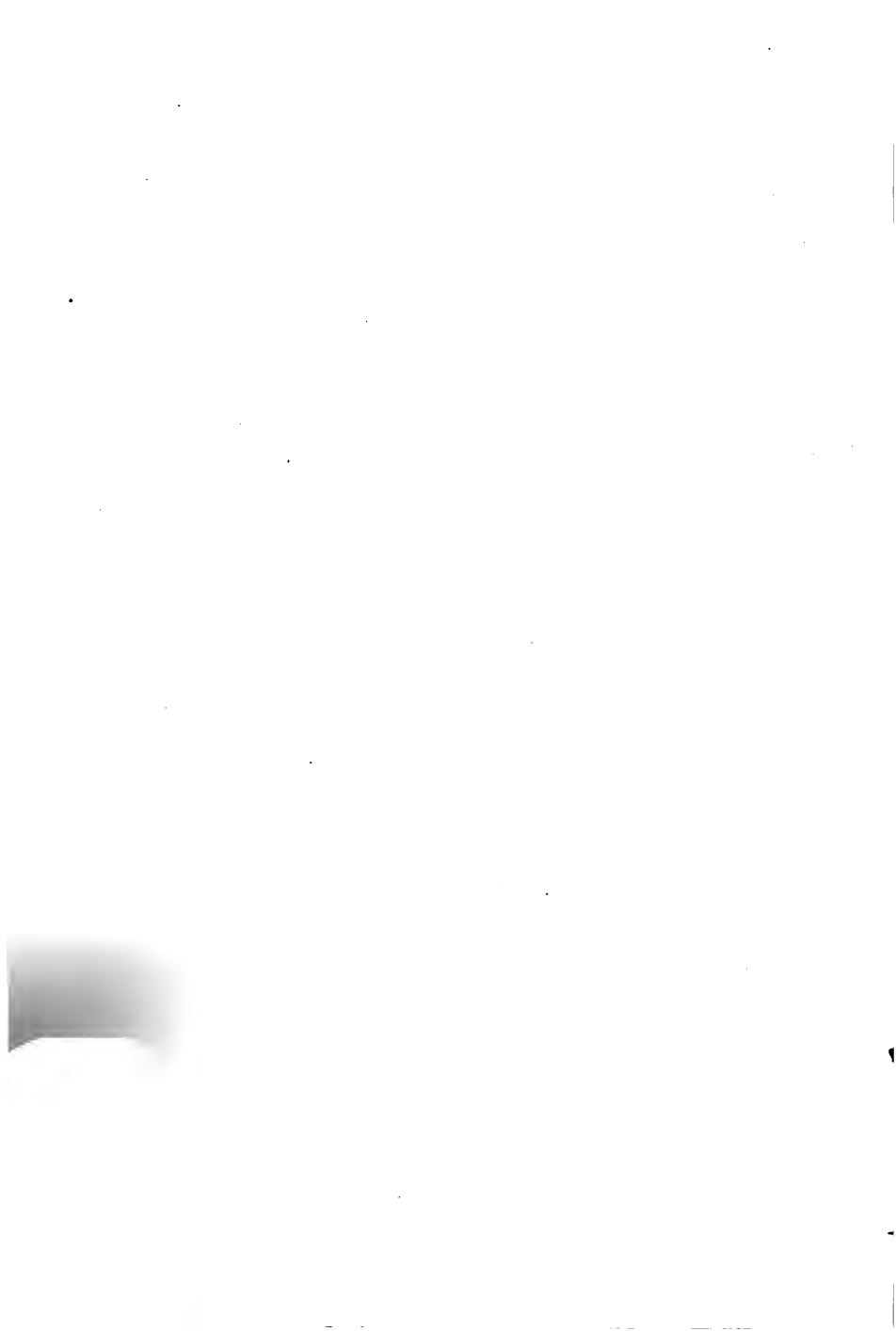


## **PART II.**

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**a) Front and flank arm swings, small and large arm circles with two clubs and hand circles with one club.**

**b) front and flank arm swings, small and large arm circles with two clubs and hand circles with two clubs.**



## I.

(Double front arm swings, small and large arm circles (with both clubs)—hand circles with one club. Linked legs and trunk ex.)

Starting position for swinging with both clubs: arms bent, clubs in perpendicular pos. front of shoulders — with one club: club in perpendicular pos. front of shoulder, the other in resting position. For calisthenics: Hands on hips.

## Club S w i n g i n g .

1. a) Double (with both) front small arm circle to the left 11 21  
 b) repeat a) 31 41  
 c) with the right: front arm swing inward to a position  
 sideward and tip the club on the forearm 51 61  
 (left remaining in starting position)  
 d) with the left: front arm swing outward to a position sidew.  
 right and tip the club on the forearm (the right remaining  
 in sideward position) 71 81  
 e) double front  $\frac{1}{2}$  arm circle to position sidew. left — and  
 double  $\frac{1}{2}$  arm circle to a pos. sidew. right 91 101  
 f) repeat e) 111 121  
 g) from a pos. sidew. right front double arm swing downward  
 to a position upward and double front arm circle to the right  
 (in "quick tempo.") 131 141  
 h) double front large arm circle to the right (quickly) and on  
 the last count bend r. arm to starting pos. and lower left to  
 resting position 151 161
2. a) with the right only: front small arm circle outward and  
 hand circle outward rear of shoulder 11 21  
 b) front arm swing outward and front low hand circle outward  
 31 41  
 c) front small arm circle outward, arm swing upward and  
 repeat hand circle rear of shoulder outward 51 61  
 d) with an outward swing, swing the right club to resting  
 position and on the last count raise the left to starting  
 position (Fig. 26.) 71 81

- e) f) g) repeat a) b) c) with the left inward and on the last count raise both clubs to starting position 9-16!
3. a) Double (with both) front arm circle to the right 1! 2!  
 b) repeat a) 3! 4!  
 c) with the left: front arm swing inward to a position sideward and tip the club on the forearm 5! 6!  
 d) with the right: front arm swing outward to a position sidew. left and tip the club on the forearm 7! 8!  
 e) double front  $\frac{1}{2}$  arm circle to a position sideward right and double front  $\frac{1}{2}$  arm circle to a position sidew. left 9! 10!  
 f) repeat e) 11! 12!  
 g) front double arm swing downward to a position upward and double front large arm circle to the left (quickly) 13! 14!  
 h) front double large arm circle to the left and on the last count bend l. arm to starting and lower right to resting position 15! 16!
4. a) b) c) d) repeat 2. a) b) c) d) with the left outward 1-8!  
 e) f) g) h) repeat 2. e) f) g) h) with the right inward and on the last count raise both clubs to starting position 9-16!



(26.)

## Linked Leg and Trunk Ex.

1) From starting pos. extend arms upward 1-2! lower trunk forward and stand clubs on the floor 3-4! raise the trunk, arms upward 5-6! place hands on hips 7-8! remain in position 9-16!

2) Bend the knees 1-2! stretch the knees and bend the trunk forward 3-4! straighten trunk and bend the knees 5-6! stretch the knees 7-8!

3) bend trunk forward 1-2! straighten trunk and bend the knees 3-4! stretch the knees and bend trunk forw. 5-6! straighten trunk 7-8!

4) 5) repeat 2) and 3) bending trunk backward.

6) stretch arms upward 1-2! lower trunk forward and grasp the clubs 3-4! raise the trunk, clubs to pos. upw. 5-6! starting position 7-8! remain in position 9-16!

### Club swinging.

1. a) Front small double arm circle outward 1! 2!  
 b) repeat a) 3! 4!  
 c) with the left: front arm swing outward to a position sideward right bend arm to a right angle in front of chest and tip the club on the forearm 5! 6!  
 d) with the right: front arm swing outward to a position sidew. left, bend the arm to a right angle in front of left arm and tip the club on the forearm 7! 8!  
 e) front double  $\frac{1}{2}$  arm circle to a position sideward and front double  $\frac{1}{2}$  arm circle to a crossed position in front 9! 10!  
 f) repeat e) 11! 12!  
 g) front double arm swing downward to a position upward and front double arm circle inward 13! 14!  
 h) front double large arm circle inward and on the last count lower the r. to resting and bend left to starting position (see Fig. 26.) 15! 16!
6. a) with the left: front arm swing inward to a position sideward and horizontal hand circle above the hand inward to a position sidew. right 1! 2!  
 b) front arm swing downward and to position upward and front upper hand circle inward 3! 4!  
 c) front arm swing inward to a position sideward and repeat a) 5! 6!  
 d) front arm swing inward to resting pos. and bend r. to starting position 7! 8!  
 e) f) g) repeat the same with the right inw. and on the last count h) bend both arms to starting position 9-16!
7. a) Front double small arm circle inward 1! 2!  
 b) repeat a) 3! 4!  
 c) with the left: front arm swing inward to position sideward and tip the club on the forearm 5! 6!  
 d) with the right front arm swing inward to a position sideward and tip the club on the forearm 7! 8!

- e) front double  $\frac{1}{2}$  arm circle to a crossed position in front and double front  $\frac{1}{2}$  arm circle to position sideward 9! 10!
  - f) repeat e) 11! 12!
  - g) front double arm swing downward and to a position upward and double front large arm circle outward (quickly) 13! 14!
  - h) double front large arm circle outward and on the last count bend the left to starting and lower right to resting pos. 15! 16!
8. Repeat 6. a) b) c) d) with the left outward and e) f) g) h) with the right outward 1-16!

### Linked Leg and Trunk Ex.

1) raise arms upw. 1-2! lower trunk forw. and stand clubs on the floor 3-4! raise trunk, arms upw. 5-6! hands on hips 7-8! remain in pos. 9-16!

2) bend knees 1-2! stretch the knees and bend trunk sidw. left 3-4! straighten trunk and bend the knees 5-6! stretch the knees 7-8! repeat, bending to the right.

3) bend trunk sidw. l. 1-2! straighten trunk and bend the knees 3-4! stretch the knees and bend trunk sidw. left 5-6! straighten trunk 7-8! repeat, bending trunk sidw. r. 1-8!

4) stretch arms upward 1-2! lower trunk forw. and grasp the clubs 3-4! raise trunk, arms upward 5-6! r. club on shoulder and l. downward 7-8!

## 11.

(Double flank arm swings, small arm and hand circles. Front small and large arm circles. Hand circles with one club. Jumping and trunk exercises.)

Starting pos. for swinging with both clubs: arms bent, clubs in perpendicular pos. front of shoulders. With one club: club in perpendicular position front of shoulder — other arm in resting position. For jumping and trunk ex.: arms at sides.

## Club swinging.

1. a) Double flank arm swing forward to a position backward and double flank  $\frac{1}{2}$  arm circle to position forward 11 21
- b) tip the clubs on the forearms and double flank hand circle forw. outside the arms 31 41
- c) double flank  $\frac{1}{2}$  arm circle to a position backward and double flank  $\frac{1}{2}$  arm circle to a pos. forward 51 61
- d) tip the clubs on the forearms and move arms to a position sidew. left. 71 81
- e) one step sideward left with double small front arm circle to the left 91 101
- f) repeat e) 111 121
- g) double front arm swing to the left to a position upward and double front large arm circle (quick tempo) to the left 131 141
- h) double front large arm circle (quickly) to the left and on the last count bend left to starting position and lower right to resting position 151 161
2. a) with the left: front arm swing outward to a position sidew. right and horizontal hand circle above the hand to a position sideward 11 21
- b) arm swing downward and front low hand circle outw. 31 41
- c) front small arm circle outward, front arm swing upward to a position sidew. right and repeat horizontal hand circle above the hand to a position sideward 51 61
- d) front arm swing downward to resting pos. and on the last count raise the right to starting pos. 71 81
- e) f) g) h) repeat a) b) c) d) with the right inward and on the last count raise both to starting position 9-



3. a) b) c) d) repeat 1. a) b) c) d) but on the last count move arms to a position sidew. right 1-8!  
 e) f) g) h) repeat 1. e) f) g) h) to the right and on the last count swing right to starting and left to resting position 9-16!  
 4. a) b) c) d) repeat 2. a) b) c) d) with the right outward 1-8!  
 e) f) g) h) with the left inward 9-16!

### Jumping ex.



(27.)

- 1) Extend arms upw. 1-2!  
 bend trunk forw. and place clubs on the floor, crosswise 3-4!  
 raise trunk arms upw. 5-6! lower arms 7-8! bend the knees (fully) and raise arms forw. outward (palms downward) 1-4! stretch the knees and lower arms 5-8!

- 2) rise on toes and raise arms forw. 1! move arms backward and bend the knees half way 2! swing arms forw. and jump

forw. (over the clubs) 3! land in deep knee-bending pos., with arms forw. outw. palms downw., (same directions with the knees) quickly stretch the knees and lower arms 4! mark time from 5 to 8 and make  $\frac{1}{2}$  turn to the left. Repeat 1-8!

- 3) repeat 2) but  $\frac{1}{2}$  turns to the right 1-16!

- 4) raise arms upw. 1-2! bend trunk forw. and grasp the clubs 3-4! straighten trunk and raise arms upw. 5-6! bend arms to starting pos. 7-8! remain in pos. 1-8!

## Club swinging.

5. a) b) c) d) repeat 1. a) b) c) d) but on the last count move arms to a position sideward 1-8!
  - e) follow step forw. left (step forw. l. and close with r.) with front double small arm circle outward 9! 10!
  - f) repeat e) (but step right and close with the left) 11! 12!
  - g) front double arm swing downward to a position upward and front double large arm circle outw. (quickly) 13! 14!
  - h) front double large arm circle outward and on the last count bend left to starting and lower right to resting pos. 15! 16!
6. a) with the left: front small arm circle outward and hand circle outward rear of shoulder 1! 2!
  - b) front arm swing outward rear of body and hand circle outward rear of hip 3! 4!
  - c) front small arm circle outward and hand circle outw. rear of shoulder 5! 6!
  - d) with an arm swing outward to resting pos. and raise right to starting position 7! 8!
  - e) f) g) h) repeat a) b) c) d) with the r. outward and on the last count raise both to starting position 9-16!
7. a) b) c) d) repeat 1. a) b) c) d) but on the last count bend arms inward (arms bent to a right angle in front of chest) 1-8!
  - e) follow step left backward and double front small arm circle inward 9-10!
  - f) repeat e) with follow step right 11! 12!
  - g) double front arm swing inward to position upward and front double large arm circle inward 13! 14!
  - h) double front large arm circle inward and on the last count lower the r. to resting and bend left to starting position 15! 16!
8. a) b) c) d) repeat 6. a) b) c) d) left inward and e) f) g) h) repeat 6. e) f) g) h) right inward 1-16!

## Trunk exercises.

- 1) Extend arms upward 1-2! lower trunk forw. and stand clubs on floor 3-4! straighten the trunk and raise arms upward 5-6! lower arms 7-8! remain in position 1-8!

raise arms slowly side-upward 1-4! bend trunk and lower  
 y. (slowly) 5-8! straighten trunk and raise arms upward  
 over arms side-downward 5-8!

raise arms foreupward 1-4! lower arms to a position  
 (palms upw.) and bend trunk backward 5-8! straighten  
 and raise arms upw. 1-4! lower arms foredownward 5-8!  
 raise arms sidew. left and to a position upward 1-4!  
 to a position sidew. right and bend trunk sidew. left 5-8!  
 trunk and raise arms upw. 1-4! lower arms left  
 repeat 4) contrarywise 1-16!

raise arms side-upward 1-2! lower trunk forw. and grasp  
 s 3-4! straighten trunk and raise clubs upw. 5-6!  
 club to the side and place r. on shoulder.

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ice horizontal hand circle under the hand l. and right,  
 and inward.)

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### III.

ole flank arm swings,  $\frac{1}{2}$  arm circles and hand circles —  $\frac{1}{2}$   
 es with knee bending.—Front double front arm swings,  
 circles with trunk bending, small arm circles with steps.  
 cles with one club.)

ng position for swinging with both clubs: arms bent,  
 perpendicular position front of shoulders: with one club:  
 in starting, the other in resting position.

Double flank arm swing forward to a position backward  
 and double  $\frac{1}{2}$  arm circle to position forw. 1! 2!

ip the clubs on the forearms and bend the knees (3!) dou-  
 ble flank hand circle forw. outside the arms and stretch  
 the knees (4!) 3! 4!

double flank  $\frac{1}{2}$  arm circle to a position backw. and flank  $\frac{1}{2}$   
 arm circle to a position forward 5! 6!

ip the clubs on the forearms and bend the knees (3!)

- move arms to a position sideward left and stretch the knees  
(4)! 7! 8!
- e) double front  $\frac{1}{2}$  arm circle to a position sidew. right and  
bend trunk sidew. left — double front  $\frac{1}{2}$  arm circle to a  
position sidew. left and straighten trunk 9! 10!
- f) repeat e) 11! 12!
- g) double front arm swing downward to starting position with  
one step sideward left 13! 14!
- h) double front small arm circle to the left with one step sidew.  
left — left club to starting and on right to resting position  
15! 16!
2. a) b) With the left: front small arm circle outward once  
(1!) and hand circle rear of shoulder outward three times  
(2! 3! 4!) 1! 2! 3! 4
- c) front arm swing outward to a position sidew. right and  
horizontal hand circle outw. above the hand to a position  
sideward 5! 6!
- d) front arm swing downward to resting position and raise  
the right to starting position 7! 8!
- e) f) g) h) repeat a) b) c) d) with the right inward,  
on the last count raise both clubs to starting position 9-16!
3. Repeat 1. from a) to h) contrarywise: on the 8th count  
move arms to position sidew. right, bend trunk sidew. r.  
and steps sidew. right 1-16!
- 4) Repeat 2. a) b) c) d) with the right outward and  
e) f) g) h) with the left inward 1-16!
5. Repeat 1. a) b) c) d) but on the 8th count move arms  
to position sideward 1-8!
- e) double front  $\frac{1}{2}$  circle to a position, arms crossed in front  
and bend trunk forward (see Fig. 52.)— front double  $\frac{1}{2}$   
arm circle to a position sideward and straighten trunk  
9! 10!
- f) repeat e) 11! 12!
- g) double front arm swing downward and to starting position  
with one follow step forward left (step left and close  
with the right) 13! 14!
- h) double front small arm circle outward — left to starting  
and right to resting pos. with one follow step forward  
right 15! 16'

2. a) Stride sidw: right with front double arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a crossed pos. in front  
(Foot remains in stride pos. to 15th count.) 1! 2!

- b) front double  $\frac{1}{2}$  circles: to a position sidw. and to a crossed position in front 3! 4!

- c) (quickly) double front arm swing downward to a position upward and front large arm circle inward 5! 6!

- d) double front large arm circle inw. twice and on the 8th count  $\frac{1}{4}$  turn to the right 7! 8!



(28.)

(R. foot is now in a stride pos. forward.)

- e) from the upward position continue with the right: flank arm swing backward to a position forw. and flank  $\frac{1}{2}$  arm circle to a pos. backward — with the left flank arm swing forward to a position backward and flank  $\frac{1}{2}$  arm circle to a position forward 9! 10!
- f) double flank  $\frac{1}{2}$  arm circle twice: with the right to a position forward and backward — with the left to a position backward and forward 11! 12!

- g) with the right: flank arm swing downward to a position upward and flank large arm circle backward — with left: from a position forw. flank arm swing downward to a position upward and flank large arm circle forward (all these flank arm swings and circles in a quick tempo) 13! 14!
- with the right: flank large arm circle backward — with the left flank large arm circle forward to a position upward
- at the next count, face forw. replace the right foot, to starting position and rest with the right. 15! 16!

3. a) Stride forw. right and swing flank small l. arm circle forward and flank hand circle forward outside the arm (arm bent) 11 21
- b) small flank arm circle forward and flank hand circle forward inside the arm, arm straight 31 41
- c) d) repeat a) b) and on the last count make a  $\frac{1}{4}$  turn left to a stride pos. r. sidew. 5-8!
- e) after the turn continue: small front arm circle l. inward and hand circle inward rear of shoulder 91 10!
- f) front large arm circle inward and front upper hand circle inward 111 12!
- g) repeat e) 131 14!
- h) front arm swing to resting pos.,  $\frac{1}{4}$  turn r. replace r. foot inward with the r. 151 16!
4. repeat 3. from a) to h) contrarywise: stride forw. l. foot,  $\frac{1}{4}$  turn right, and the same circles flank forw. and front inward with the r. 1-16!
5. a) Stride sidew. left — with front double arm swing outward to a crossed position in front and front  $\frac{1}{2}$  arm circle to a position sideward 11 2!
- b) double front  $\frac{1}{2}$  arm circle twice: to a crossed position in front and to a position sideward 31 4!
- c) double front arm swing downward and to position upward and a front large arm circle outward (quickly) 51 6!
- d) double large arm circle outward twice and on the 8th count  $\frac{1}{4}$  turn to the left 71 8!  
(L foot is now in a stride pos. forw.)
- e) with the left: flank arm swing forward to a position backward and flank  $\frac{1}{2}$  circle to a position forward — with the right: flank arm swing backw. to a position forward and flank  $\frac{1}{2}$  circle to a position backward 91 10!
- f) flank double  $\frac{1}{2}$  arm circle twice: with the left to position backw. and forward — with the right to a position forward and backward 111 12!
- g) with the left: flank arm swing downward to a pos. upward and large flank arm circle forward — with the right: flank arm swing downward to a position upward and flank large arm circle backward 131 14!

- h) flank double large arm circle: with the right forward and with the left backward — on the last count face forw., replace left foot and bend arms to starting position 15! 16!
6. a) Stride position sidew. right with a double front arm swing outward to a crossed position in front and double front  $\frac{1}{2}$  arm circle to a position sideward 1! 2!
- b) repeat 5. b) 3! 4!
- c) double front arm swing downward to a position upward and double front large arm circle outward 5! 6!
- d) double front arm circle outward twice and on the 8th count  $\frac{1}{4}$  turn to the right. 7! 8!  
(R. foot is now in a stride pos. forw.)
- e) from the upw. position with the right: flank arm swing forward to a position backward and flank  $\frac{1}{2}$  arm circle to a position forward — with the left: flank arm swing backward to a position forward and flank  $\frac{1}{2}$  arm circle to a pos. backward 9! 10!
- f) double flank  $\frac{1}{2}$  arm circle twice: with the right to position backward and forward, with the left to a position forward and backward 11! 12!
- g) flank double arm swing downward to a position upward and double flank large arm circle: with the right forward and with the left backward 13! 14!
- h) double flank large arm circle — with the right forward, with the left backward and on the last count face forw., replace r. foot, bend r. arm to starting position and rest with the left 15! 16!
7. a) Stride backw. right and with the r. swing small flank arm circle backward and flank hand circle backward outside the arm (arm bent) 1! 2!
- b) flank small arm circle backward to a position forward and flank hand circle backward inside the arm (arm straight) 3! 4!
- d) repeat a) b) 5-8!
- $\frac{1}{4}$  turn right to a stride pos. right sidew. and continue: front small arm circle outward and hand circle outward near of shoulder 9! 10!
- front large arm circle outward and front upper hand circle outward 11! 12!
- repeat e) 13! 14!

- h) outward arm swing to rest. position,  $\frac{1}{4}$  turn to the left, close with the right and raise l. club to starting position 15! 16!  
 8. Repeat 7. from a) to h) with the left and on the 16th count raise both arms clubs to starting position 1-16!

### Jumping and trunk ex.

- 1) stretch arms upward 1-2! lower trunk forw. and place the clubs on the floor crosswise 3-4! raise the trunk —arms to pos. upw. 5-6! lower arms 7-8! deep knee bending position and raise arms forw. outward (palms down ward) 1-2! stretch knees and lower arms 3-4! repeat 5-8!

- 2) rise on toes and raise arms forw. 1! bend knees half way and swing arms backw. 2! swing arms forw. and jump forw. over the clubs 3! land in deep knee-bending pos. arms forw. outward 4! jump upw. and swing arms upw.,  $\frac{1}{2}$  turn to the left 5! land in deep knee bending pos. arms forw. outward 6! stretch the knees and lower arms 7-8!



(29.)

- 3) raise arms upward 1-2! bend trunk forw. and lower arms forw. 3-4! straighten trunk and raise arms upw. 5-6! lower arms 7-8!

- 4) repeat 2)

- 5) raise arms upw. 1-2! lower to a position sidew. palms upw. and bend trunk backw. 3-4! reverse 5-6! 7-8!

- 6) repeat 2) turning to the right

- 7) raise arms upw. 1-2! bend trunk sidew. l. 3-4! reverse 5-6! 7-8!

- 8) repeat 6)

- 9) repeat 8) bending sidew. right.

- 10) raise arms upw 1-2! bend forw. and grasp the clubs 3-4! straighten trunk and raise arms upw. 5-6! lower l. club and place right on shoulder 7-8!



(Changing front arm circles to flank circles is without interruption. When the clubs reach the highest point on the 8th count, make a  $\frac{1}{4}$  turn l. or r. and the clubs continue the flank movement. Remember that when we swing front circles inward, after the  $\frac{1}{4}$  turn left, the left club continues the movement backward, right forward, and after the turn to the right — right backw. and left forward. If the  $\frac{1}{4}$  turn is preceded by the outward circles, then after the turn to the left — left continues flank movement forward and right backward. If we turn right, the direction is reversed. Foot remains in a stride pcs. from 1st to 15th count.)

## V.

(Front and flank arm swings and  $\frac{1}{2}$  arm circles with stride positions and turns. Trunk and knee bending. Linked hand circles with one club.)

Starting position for swinging with both clubs: arms bent, clubs in perpendicular position front of shoulders. With one club: club in perpendicular pos. front of shoulder, the other in resting pos.

1. a) Stride sideward left and make a  $\frac{1}{4}$  turn to the right, with a double front arm swing to the left to a position forward (after the turn) and tip clubs on the forearms 1! 2!
- b) move arms sideward and bend trunk forward — straighten trunk and move arms to position forward (clubs remaining on the forearms) 3! 4!
- d) double flank arm swing pass the left side to starting position 5! 6!
- d) double flank small arm circle forward pass the left side 7! 8!
- e)  $\frac{1}{4}$  turn to the l (on the r. foot) close with the left (to fundamental pos.) with a double flank arm swing forward pass the left side to a position sidew. left (after the turn) and tip the clubs on the forearms 9! 10!
- f) move arms to the right and bend trunk sidew. left — move arms to pos. sidew. left and straighten trunk 11! 12!
- g) double front arms swing to the left to the starting position 13! 14!
- h) double small front arm circle to the left and on the last count lower the r. to resting position 15! 16!

2. a) Left outward one front small arm circle and three hand linked circles outward: rear of shoulder, front upper hand and again rear of shoulder 11 21 31 41
- b) front arm swing outward to a position sidew. right, horizontal hand circle above the hand, to a position sideward, front arm swing downward to resting position and raise the r. to starting pos. 51 61 71 81
- c) d) repeat a) b) with the right inward and on the last count raise both clubs to starting pos. 9- 161
3. a) Stride sidew. right and make a  $\frac{1}{4}$  turn to the left — with a double front arm swing to the right to a position forward (after the turn) and tip the clubs on the forearms 11 21
- b) move arms sideward and bend the trunk forward — move arms to pos. forward and straighten trunk 31 41
- c) double flank arm swing forward pass the right side to starting pos. 51 61
- d) double flank small arm circle pass the r. side 71 81
- e)  $\frac{1}{4}$  turn right and close with the right (fund. pos.) with a double flank arm swing forw. pass the r. side to a position sidew. r. (after the turn) and tip the clubs on the forearms 91 101
- f) move arms to a pos. sidew. left and bend trunk sidew. right — straighten trunk and move arms to a pos. sidew. right 111 121
- g) double front arm swing to the right to starting pos. 131 141
- h) double front small arm circle to the r. and lower the left to resting position 151 161
4. a) b) repeat 2. a) b) with the right outward 1-81
- c) d) repeat 2. c) d) with the left inward 9- 161
5. a) stride backward left and make a  $\frac{1}{2}$  turn to the left — with double flank arm swing forward pass the left side to a position forward (after the turn) and tip the clubs on the forearms 11 21
- b) move arms sideward and bend trunk backward (Fig. 28.) — move arms forward and straighten trunk 31 41
- c) double flank arm swing forward pass the right side to starting position 51 61
- d) double flank small arm circle forw. pass the r. side 71 81

- e)  $\frac{1}{2}$  turn to the right and close with the left (fund. pos.) with double flank arm swing pass the right side to a position forward and tip the clubs on the forearms 4! 10!
- f) bend arms in front inward and bend the knees (Fig. 29) move arms to a position sideward and stretch the knees 11! 12!
- g) double front arm swing outward to starting pos. 13! 14!
- h) double front small arm circle and lower the r. to resting position 15! 16!
6. a) Front left arm swing outward to a position sidew. right and three horizontal hand circles: above the hand — under the hand — and above the hand — to a position sideward 1! 2! 3! 4!
- b) arm swing downward, front low hand circle outward, front arm swing outward to resting pos. and raise the r. to starting position 5! 6! 7! 8!
- c) d) repeat a) b) with the right outward 9-16!
7. a) Stride backward right and make a  $\frac{1}{2}$  turn to the right — with a double flank arm swing forw. pass the r. side to a position forward (after the turn) and tip the clubs on the forearms 1! 2!
- b) move arms to a position sideward and bend trunk backw. move arms forward and straighten trunk 3! 4!
- c) flank double arm swing forward pass the l. side to starting position 5! 6!
- d) flank double small arm circle forw. pass the left side 7! 8!
- e)  $\frac{1}{2}$  turn to the left and close with the right (fund. pos.) with double flank arm swing forw. pass the left side to a position forward (after the turn) and tip the clubs on the forearms 9! 10!
- f) move arms to a position sideward and bend the knees — stretch the knees and bend arms in front 11! 12!
- g) double front arm swing inward to starting pos. 13! 14!



(30.)

- h) double front small arm circle inward and lower right to resting position 15! 16!
8. a) b) repeat 6. a) b) left inward 1-8!
- c) d) repeat 6. c) d) right inward 9-16!

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(Note: Start the front or flank arm swing simultaneously with the stride position. Although we start the arm swing to the r. or l., the arms will be in position forward after we execute the turn. Tip the clubs on the forearms on 2nd count simultaneously with the  $\frac{1}{4}$  or  $\frac{1}{2}$  turn.)

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## VI.

(Front and flank arm swings and  $\frac{1}{2}$  arm circles with stride pos.,  $\frac{1}{4}$  and  $\frac{1}{2}$  turns, kneeling and knee bending. Front and flank hand circles with trunk bending. Hand circles with both clubs.)

Starting pos. Arms bent, clubs in perpendicular pos. front of shoulders.

1. a) Stride pos. sidew. left, make a  $\frac{1}{4}$  turn to the right — with a front double arm swing to the left to position forward (after the turn) and tip clubs on the forearms 1! 2!
- b) kneel on the l. knee and move arms sideward — straighten knees and move arms forward 3! 4!
- c) double flank hand circle forward outside the arms (5!) double flank  $\frac{1}{2}$  circle to a position backward and bend the trunk forward (6!) (See Fig. 47.) 5- 6!
- d) straighten trunk with double flank  $\frac{1}{2}$  arm circle to a position forward, double flank hand circle backward (7!) outside the arms, swing clubs over the shoulders downward and bend the trunk backward (8!) (elbows pointing sideward)— (see Fig. 48.) 7! 8!
- e) straighten trunk — double flank small arm circle pass the left side and double flank hand circle outside the arms forward 9! 10!
- f) g) h) repeat e) three times 11-16!
2. a)  $\frac{1}{4}$  turn to the l. and close heels with the left (fund. position, turn on the r. foot) with double flank arm swing forward pass the l. side to a position sidew. left (after the turn) and tip clubs on the forearms 1! 2!

- b) move arms to a position sidew. right and bend the knees —  
move to a position sidew. left and stretch the knees 3! 4!
- c) double front arm swing downward, double front low hand  
circle to the left (5!) to a position sidew. right and bend  
the trunk sidew. left (6!) (see Fig. 33.) 5! 6!
- d) straighten trunk — with a double front arm swing downward  
— double front low hand circle to the right (7!) to a position  
sidew. left and bend trunk sidew. right (8!) 7! 8!
- e) straighten trunk with a double front arm swing downward  
to a position upward and double hand circle rear of shoulders  
to the left 9! 10!
- f) g) repeat e) twice but substitute front large arm  
circles for arm swing 11-14!
- h) double front arm swing to the left to starting pos. 15! 16!
- 3. a) Stride sidew. right, make a  $\frac{1}{4}$  turn to the l. — with double  
front arm swing to the right to a pos. forw. (after the turn)  
and tip the clubs on the forearms 1! 2!
- b) kneel on the r. knee and move arms sidew. — move arms  
forw. and straighten knees 3! 4!
- c) double flank hand circle forw. outside the arms — double  
flank  $\frac{1}{2}$  arm circle to a pos. backward and bend trunk  
forward 5! 6!
- d) straighten trunk with double flank  $\frac{1}{2}$  circle to a pos. forw.  
double flank hand circle outside the arms backward, swing  
clubs over the shoulders and bend the trunk backward  
(elbows sidew.) 7! 8!
- e) straighten trunk with a double flank small arm circle forw.  
pass the right side and double flank hand circle forward  
outside the arms 9! 10!
- f) g) h) repeat e) three times 11-16!
- 4. a)  $\frac{1}{4}$  turn to the right and close with the right (fund. pos.,  
turn on the l. foot) with a double flank arm swing forward  
pass the r. side to a position sidew. right (after the turn)  
and tip clubs on the forearms 1! 2!
- b) move arms to the left and bend the knees — move arms to  
the right and stretch the knees 3! 4!
- c) double front arm swing downward, double front low hand  
circles to the r. to position sidew. left and bend the trunk  
sidew. right 5! 6!

- d) straighten trunk with a double front arm swing downward — double low front hand circle to the left to the position sidew. right and bend the trunk sidew. left 7! 8!
- e) straighten trunk with a double front arm swing downw. to a position upward and double hand circle rear of shoulders to the right 9! 10!
- f) g) repeat e) twice but substitute front large arm circles for arm swing 11-14!
- h) double front arm swing to the right to starting pos. 15! 16!
5. a) Stride backward left and make a  $\frac{1}{2}$  turn to the left — with a double flank arm swing forw. pass the left side to a position forward (after the turn) and tip the clubs on the forearms 1! 2!
- b) kneel on the r. knee and move arms sideward — straighten the knees and move arms forw. 3! 4!
- c) d) e) f) g) h) repeat 3. c) d) e) f) g) h) 5-16!
6. a)  $\frac{1}{2}$  turn to the right and close with the left (fund. pos.) with double flank arm swing forw. pass the right side to a position forw. and tip the clubs on the forearms 1! 2!
- b) bend arms inward and bend the knees (Fig. 30.) stretch the knees and move arms to a pos. sideward 3! 4!
- c) double front arm swing downward — double front low hand circle outward to a position arms crossed and bend trunk sideward left (Fig. 31.) 5! 6!
- d) straighten trunk with double front arm swing downward — double front low hand circles inward to a position sideward and bend trunk sidew. right 7! 8!
- e) straighten trunk with double front arm swing downward to



(31.)

- a position upward and double hand circle outward rear of shoulders 9! 10!
- f) g) repeat e) twice with front large arm circles 11-14!
- h) double front arm swing outward to start. pos. 15! 16!
7. a) Stride backw. right and make a  $\frac{1}{2}$  turn to the right — with a double flank arm swing forw. pass the right side to a position forward and tip clubs on the forearms 1! 2!
- b) kneel on the l. knee and move arms sideward — straighten the knees and move arms forw. 3! 4!
- c) d) e) f) g) h) repeat 1. c) d) e) f) g) h) 5-16!
8. a)  $\frac{1}{2}$  turn to the l., close with the right (fund. pos.) — with double flank arm swing forward pass the left side to a position forward and tip clubs on the forearms 1! 2!
- b) move arms sideward and bend the knees — stretch the knees and bend arms inward 3! 4!
- c) double front arm swing downward — front low hand circle inward to a position sideward and bend trunk sidew. left 5! 6!
- d) straighten trunk with a double arm front arm swing downward double front low hand circle outward to crossed position in front and bend the trunk sidew. right 7! 8!
- e) f) g) h) repeat 6. e) f) g) h) inward 9-16!

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(Note: In ex. 1. c) swing the flank hand circle forw. on the 5th count and on 6th swing clubs to a position backward, bending trunk forward at the same time. In ex. d) swing the flank hand circles backward on the 7th count, on the 8th count bend trunk backw. and swing club downward behind the shoulders, elbows pointing sideward. The same in bending trunk sidew. with the front low hand circles — after executing the low hand circles, swing clubs to a position sidew. and bend trunk sidew.

(Practice: Front arm circle inward and hand circle outward rear of opposite shoulder. Also front arm circle outward and hand circle inward rear of opp. shoulder. With free arm extended sideward, swing hand circle rear of opp. shoulder above the arm and under the arm.)

## VII.

(Double front arm swings and large arm circles — hand circles with one club rear of opposite shoulder. Horizontal and upper hand circles with two clubs. Flank arm swings and large arm circles — flank hand circle outside opp. shoulder with one club — flank hand circles with two clubs. Trunk bending and jumping.)

Starting position for club swinging: Arms at sides — clubs downward. For jumping and trunk ex.: arms at sides.

## Club swinging.

1. a) Stride sidew. left, bend and extend arms upward 11 21  
 b) double front arm swing to the right to a position sidew. left and tip clubs on the forearms 31 41  
 c) swing the left club to horizontal pos. sidew. and remain — with the right front large arm circle inward and hand circle outward rear of l. shoulder (r. hand above the l. arm) (Fig. 32.) 51 61  
 d) left remains in position — with the right front large arm circle inward and hand circle outw. rear of left shoulder — (r. hand below the l. arm) 71 81  
 e) double front large arm circle to the left and front double upper hand circle to the left 91 101  
 f) double front arm swing to the left to a position sidew. right, and double horizontal circle above the hands to a position sidew. left 111 121  
 g) repeat e) to a position upward 131 141  
 h) bend and lower arms and replace the l. foot 151 161
2. a) Stride sidew. right, bend and extend arms upward 11 21  
 b) double front arm swing to the left to a position sidew. right and tip clubs on the forearms 31 41  
 c) swing the r. club to horizontal position sidew. and remain — with the left: front large arm circle inward and hand circle outw. rear of r. shoulder (l. hand above the r. arm) 51 61  
 d) right remains in position — with the left front large arm circle inward and hand circle rear of r. shoulder outward — (l. hand under the r. arm) 71 81



- e) double front arm swing to the right to a pos. upward and double front upper hand circle to the right 9! 10!
  - f) double front arm swing to the right to a position sidew. left and double horizontal hand circle above the hands to a position sidew. right 11! 12!
  - g) repeat e) to a position upward 13! 14!
  - h) bend arms — replace r. foot and lower clubs 15! 16!
- Repeat 1. from a) to h) 1-16!
- Repeat 2. from a) to h) 1-16!

### Jumping and trunk bending.



(32.)

1) raise arms side-upward 1-2!  
lower trunk forw. and stand clubs  
on the floor 3-4! raise trunk,  
arms upw. 5-6!  
lower arms sidew.  
7-8! Relax the  
muscles and swing  
arms forward and backward from  
9 to 16.

2) raise arms side-upw. 1!  
lower trunk from the hips to horiz.  
position forw. 2! (arms remaining  
in position) raise the trunk 3! lower  
arms 4! repeat 5-8!

3) repeat 2) bending backward  
— arms remaining in upw. position  
1-8!

4) rise on toes and raise arms forw. 1! bend knees half-way  
and swing arms backw. 2! swing arms forw. and jump over the  
clubs. 3! land in deep knee-bending position arms forw. outward,  
stretch the knees quickly and lower arms 4! mark time 4 with  
 $\frac{1}{2}$  turn to the left and repeat 1-8!

4) repeat 3) with a straddle jump — (close heels before  
landing) 1-16!

5) repeat 2) with bending sidew. l. and r. twice 1-16!

6) raise arms side upw. 1-2! lower trunk and grasp the clubs 3-4! raise the trunk, arms upw. 5-6! lower sidw. 7-8! remain in pos. 1-8!

### Club swinging.

3. a) Stride forward left, bend and extend arms upward 1! 2!  
 b) double flank arm swing backward pass the right side to a position forward and tip clubs on the forearms 3! 4!  
 c) swing the left club to horizontal pos. forw. and remain, with the right flank large arm circle forward and flank hand circle forward outside the left arm (r. hand above the l. arm) 5! 6!  
 d) left remains in position and with the right flank large arm circle forw. and flank hand circle forw. outside the l. arm (r. hand under the l. arm) 7! 8!  
 e) double flank large arm circle forward pass the right side to a position forward and double flank hand circle forw. inside the arms 9! 10!  
 f) double flank large arm circle forw. pass the r. side and double flank hand circle forw. outside the arms, arms bent 11! 12!  
 g) repeat e) to a position upward 13! 14!  
 h) bend and lower arms and close with the left 15! 16!
4. a) Stride forw. right — bend and extend arms upward 1! 2!  
 b) double flank arm swing backw. pass the left side to a position forward and tip clubs on the forearms 3! 4!  
 c) swing the right club to a horizontal pos. forw. and remain — with the left flank large arm circle forward and flank hand circle forw. outside the r. arm (l. hand above the r. arm) 5! 6!  
 d) right remains in position and with the left flank large arm circle forw. and flank hand circle forw. outside the r. arm (l. hand under the arm) 7! 8!  
 e) double flank large arm circle forward pass the left side to a position forw. and double flank hand circle forw. inside the arms 9! 10!  
 f) double flank large arm circle forw. pass the l. side and double flank hand circle forward outside the arms (arms bent) 11! 12!

- g) repeat e) to a position upward 13! 14!  
 h) bend and lower arms and close with the right 15! 16!  
 (Repeat jumping and trunk ex.)

## VIII.

(Double front arms swings and  $\frac{1}{2}$  arm circles.  
 Double large, small and hand circles. — Flank hand  
 circles. — Trunk ex. and jumping.)

Starting pos. for club swinging: arms bent,  
 clubs in perpendicular position front of shoulders.

For trunk and jumping ex.: arms at sides.



(33.)

## Club swinging.

1. a) Double front arm swing to the left to a position left in rear height of hips, right sideward—and double  $\frac{1}{2}$  arm circle to a position sideward 1! 2!
- b) double front arm swing downward—double large arm circle to the left to a position sidew. right 3! 4!
- c) from a pos. sidew. r. double  $\frac{1}{2}$  arm circle — right rear of body (height of hips) and left to position sideward and double  $\frac{1}{2}$  arm circle to a position sideward right 5! 6!
- d) double arm swing downward and double front large arm circle to the right to a position sidew. left 7! 8!
- e) double front arm swing downward to a pos. upw. and double hand circle to the left rear of shoulders 9! 10!
- f) turn trunk to the left and double flank hand circle forward outside the arms (arms bent) extend arms and double flank hand circle forw. inside the arms 11! 12!
- g) turn trunk forw. with a double arm swing to the left to a

- position sidew. right and double horizontal hand circle above the hands to a pos. sidew. left 13! 14!
- h) double front arm swing downward to starting position 15! 16!
2. a) Double front arm swing to the right (with the r. in rear, left to a pos. sideward) and  $\frac{1}{2}$  arm circle to a position sidew. right 1! 2!
- b) double front arm swing downward—front double large arm circle to the right to a pos. sidew. left 3! 4!
- c) double  $\frac{1}{2}$  arm circle (left in rear, right to a pos. sideward)—and double  $\frac{1}{2}$  arm circle to a position sideward left 5! 6!
- d) double front arm swing downward and double front large arm circle to the left to a position sidew. right 7! 8!
- e) double front arm swing downward and upw. and double hand circle to the right rear of shoulders 9! 10!
- f) turn trunk to the right and double flank hand circle outside the arms forward (arms bent), stretch the arms and double flank hand circle forw. inside the arms 11! 12!
- g) turn trunk forw. with a double front arm swing to the right to a position sidew. left and double horizontal hand circle above the hands to a position sidew. right 13! 14!
- h) double front arm swing downward to starting pos. 15! 16!
- Repeat 1. from a) to h) 1-16!
- Repeat 2. from a) to h) 1-16!



(34.)

### Jumping and trunk ex.

1) Extend arms upward 1-2! lower trunk forw. and stand the clubs on the floor 3-4! raise the trunk, arms upw. 5-6! lower arms 7-8! two steps sidew. 1. (r.) 1-4! remain in position 5-8!

2) place l. foot forw. (toe touch pos.) and raise arms forw 1! place l. foot backw. and swing arms backw 2! stride pos. forw.

left, swing arms and r. foot forw. and jump forw. (from the l. foot) 3! land in deep knee bending pos., arms forw. outward 4! stretch knees and raise arms upw. 5! bend trunk forward, hands behind the head 6! straighten trunk and extend arms upw. 7! lower arms and make  $\frac{1}{2}$  turn to the left. 8! Repeat 9-16!

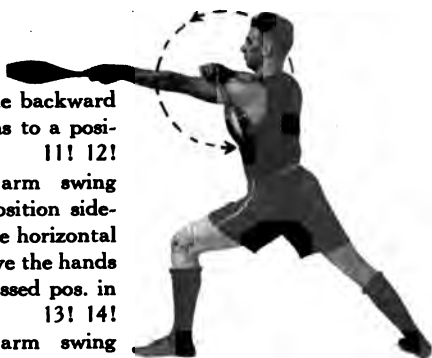
3) Repeat 2) placing r. foot forw. and backw., jump from r. foot, and bend trunk backward 1-16!

4) Two side-steps to the r. (l.) 1-4! remain in pos. 5-8! raise arms upw. 1-2! lower trunk forw. and grasp the clubs 3-4! raise the trunk, arms upw. 5-6! bend arms to starting pos. 7-8!

### Club swinging.

3. a) Double front arm swing outward (left rear of body right in front to a position sidew. left) and double  $\frac{1}{2}$  arm circle to a position sideward 1! 2!  
 b) double front arm swing downward, front double large arm circle outward to a position arms crossed in front 3! 4!  
 c) double front  $\frac{1}{2}$  arm circle to a position sideward and double  $\frac{1}{2}$  arm circle inward—(left in front to a pos. sidew. right, right rear of body to a pos. sidew. left) 5! 6!  
 d) double arm swing downward, and double front large arm circle inward to a position sideward 7! 8!  
 e) double front arm swing downward and upw. and double hand circle outward rear of shoulders 9! 10!  
 f) move elbows forward and swing double flank hand circle forward outside the arms, extend the arms and double flank hand circle forw. inside the arms to a position upward 11! 12!  
 g) double front arm swing outward to a crossed position in front and double horizontal hand circle outw. above the hands to a position sideward 13! 14!  
 h) double front arm swing downward to starting position 15! 16!
4. a) Double front arm swing inward to a position sideward, and with the left  $\frac{1}{2}$  arm circle to pos. sidew. r. rear of body, with the right  $\frac{1}{2}$  arm circle in front to position sidew. left 1! 2!

- b) double arm swing downward, double front large arm circle inward to a position sideward 3! 4!
- c) double  $\frac{1}{2}$  arm circle inw.—with the right in rear to pos. sidew. left—with the left in front to pos. sidew. right — and double  $\frac{1}{2}$  arm circle to position sideward 5! 6!
- d) double front arm swing downward—double front large arm circle outward to a crossed position in front 7! 8!
- e) double front arm swing downward and upward and double hand circle inward rear of shoulders 9! 10!
- f) extend arms forward and swing double flank hand circle backward inside the arms —bend arms and double flank hand circle backward outside the arms to a position upward 11! 12!
- g) double front arm swing inward to a position sideward and double horizontal hand circle above the hands inward to a crossed pos. in front 13! 14!
- h) double front arm swing downward to starting position 15! 16!



(35.)

### Jumping and trunk ex.

- 5) repeat 1) 1-16!
- 6) repeat 2) bending sidew. left.
- 7) repeat 3) bending sidew. right.
- 8) repeat 4)

## IX.

(Front arm swings,  $\frac{1}{2}$  arm circles, small, large and hand circles with steps, trunk and knee bending.)

Starting position: Arms bent, clubs in perpendicular position front of shoulders.

1. a) Step sidew. left, with a double small arm circle to the left  
1! 2!  
(Step sidew. left foot on the 1st count together with a swing—  
close the r. foot to the left simultaneously with finishing the circle.)  
b) repeat a) 3! 4!  
c) double front arm swing to the left to a position sidew. right,  
tip clubs on the forearms and bend knees 5! 6!  
d) stretch the knees with a front  $\frac{1}{2}$  arm circle to a position  
sidew. left—tip the clubs on the forearms and bend knees  
again 7! 8!  
e) stretch the knees with a double arm swing downward—  
double front low hand circle to the left to a position sidew.  
right and bend trunk sidew. left. (Fig.33.) 9! 10!  
f) straighten trunk with a double arm swing downward, front  
low hand circle to the right to a position sidew. left and bend  
trunk sidew. right 11! 12!  
g) straighten trunk with a double front arm swing downward  
to a position upward and double large arm circle (quickly)  
to the left 13! 14!  
h) double large arm circle (quickly) to the left and on the last  
count, bend arms to starting pos. 15! 16!
2. a) Front double arm swing to the left to a position upw. and  
double front upper hand circle to the left 1! 2!  
b) double front large arm circle to the left and double hand  
circle to the left rear of shoulders 3! 4!  
c) double front arm swing to the left to a position sidew.  
right and double horizontal hand circle above the hands to  
a position sidew. left 5! 6!  
d) double arm swing downward (with the left rear of body)  
and double hand circle rear of hips to the left 7! 8!  
e) double front arm swing to the left to a position upward and  
repeat a) 9! 10!  
f) g) repeat a) b) c) 11–14!

- h) double front arm swing (omit the rear hip circles) to starting position 15! 16!
3. a) Step sidw. right with a double front small arm circle to the right 1! 2!  
 b) repeat a) 3! 4!  
 c) double front arm swing to the right to a position sidw. left tip clubs on the forearms and bend the knees 5! 6!  
 d) stretch the knees with a double  $\frac{1}{2}$  arm circle to a position sidw. right, tip the clubs on the forearms and bend knees again 7! 8!  
 e) stretch the knees with a double arm swing downward—double front low hand circle to the right to a pos. sidw. left and bend trunk sidw. right 9! 10!  
 f) straighten trunk with a double front arm swing downward—double front low hand circle to the left to a position sidw. right and bend trunk sidw. left 11! 12!  
 g) straighten trunk with a double front arm swing downward and to a position upward and double front large arm circle to the right (quickly) 13! 14!  
 h) double front large arm circle to the right and on the last count bend arms to starting pos. 15! 16!
4. a) Front double arm swing to the right to a position upward and double front upper hand circle to the right 1! 2!  
 b) double front large arm circle to the right and double hand circle to the right rear of shoulders 3! 4!  
 c) double front arm swing to the right to a position sidw. left and double horizontal hand circle above the hands to a position sidw. right 5! 6!



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- d) double arm swing downward (right rear of body) and double hand circle rear of hips to the right 7! 8!
- e) double front arm swing to the right to a position upward and repeat a) 9! 10!
- f) g) repeat b) c) 11-14!
- h) double front arm swing to the right to starting pos. 15! 16!
5. a) Double front small arm circle outward and follow step forward (step l. close with r.) 1! 2!
- b) repeat a) but step r. and close with left 3! 4!
- c) double front arm swing outw., bend arms in front inward, tip the clubs on forearms and bend the knees (Fig. 34.) 5! 6!
- d) stretch the knees with a double front  $\frac{1}{2}$  arm circle to a position sideward, tip clubs on forearms and bend the knees again 7! 8!
- e) stretch the knees with a double front arm swing downward—double front low hand circle outward to crossed position in front and bend trunk forward 9! 10!
- f) straighten trunk with a double front arm swing downward, double front low hand circle inward to a position sideward and bend the trunk backward 11! 12!
- g) straighten trunk with a double front arm swing downward to a position upward and double front large arm circle (quickly) outward 13! 14!
- h) double front large arm circle outward and on the last count bend arms to starting position 15! 16!
6. a) Double front arm swing outward to a position upward and double front upper hand circle outward 1! 2!
- b) double front large arm circle outward and double hand circle outward rear of shoulders 3! 4!
- c) double front arm swing outward to a crossed position in front and double horizontal hand circle above the hands outw. to a position sideward 5! 6!



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- d) double front arm swing outward rear of body and double hand circle outward rear of hips 7! 8!
  - e) double front arm swing outward to a position upward and repeat a) 9! 10!
  - f) g) repeat b) c) 11-14!
  - h) double front arm swing outward to starting pos. 15! 16!
  - 7. a) Double front small arm circle inward with a follow step l. backward 1! 2!
  - b) repeat a) but step r. and close with l. 3! 4!
  - c) double front arm swing inward to a position sidew.—tip clubs on the forearms and bend knees 5! 6!
  - d) stretch the knees with a double front  $\frac{1}{2}$  arm circle to a position arms bent inward, tip clubs on the forearms and bend knees again 7! 8!
  - e) stretch the knees with a double front arm swing downward, double front low hand circle inward to a position sideward and bend trunk backward 9! 10!
  - f) straighten trunk with a double front arm swing downward, double front low hand circle outward to a position arms crossed in front and bend trunk forward 11! 12!
  - g) straighten trunk with a double front arm swing downward to a position upward and double front large arm circle inward 13! 14!
  - h) front double large arm circle inward and bend arms to starting position 15! 16!
  - 8) Repeat 6. from a) to h) inward 1-16!
-

## X.

(Flank and front large arm and hand circles in lunging position.  
Leg and trunk ex.)

Starting pos. for club swinging: Arms bent, clubs in perpendicular position front of shoulders.

## Club swinging.

1. a) Lunge forw. left, with a double flank small arm circle pass the right side (both clubs passing the right side) and double flank hand circle forw. outside the bent arms 1! 2!  
(Remain in lunging position to 15th count.)
- b) extend left arm forw., swing the left club to position forward and remain, with the right swing large flank arm circle forw. and flank hand circle forward outside the l. arm r. hand above (Fig. 35.) 3! 4!
- c) left remains in position—with the right large flank arm circle forw. and flank hand circle forw. outside the l. arm—r. hand under the l. arm 5! 6!
- d) double large flank arm circle pass the r. side twice 7! 8!
- e) double flank large arm circle forw. pass the r. side and double hand circle forw. outside the l. arm—r. hand above 9! 10!
- f) double flank large arm circle forw. pass the right side and double flank hand circle forw. outside the l. arm, r. hand under the l. arm. (Fig. 36.) 11! 12!
- g) double flank large arm circle forw. pass the r. side and double flank hand circle forw. outside the arms 13! 14!
- h) double flank arm swing forw. pass the r. side to starting position and replace the left foot 15! 16!
2. a) Lunge forw. (and remain to 15th count) right with a double flank small arm circle forward pass the left side and double flank hand circle forw. outside the arms 1! 2!
- b) extend r. arm forward, swing the right club to a position forward and remain—with the left swing large flank arm circle forw. and flank hand circle forward outside the r. arm—l. hand above 3! 4!
- c) right remains in position—with the left flank large arm

- circle forw. and flank hand circle forw. outside the r. arm—  
l. hand under the r. arm 5! 6!
- d) double large flank arm circle forward pass the l. side twice  
7! 8!
- e) double flank large arm circle forw. pass the left side and  
double flank hand circle forw. outside the r. arm—l. hand  
above 9! 10!
- f) double flank large arm circle forw. pass the left side and  
double flank hand circle forw. outside the r. arm—l. hand  
under 11! 12!
- g) double flank large  
arm circle forw. pass  
the l. side and dou-  
ble flank hand circle  
forw. outside the  
arms 13! 14!
- h) double flank arm  
swing forw. pass tth  
left side to starting  
position and replace  
the right foot 15! 16!  
Repeat 1. from a) to  
h) 1-16!  
Repeat 2. from  
a) to h) and on  
the last count  
bend arms in  
rear, inward,  
clubs under  
the arms (Fig. 37.)



(38.)

1-16!

### Leg and trunk ex.

- 1) raise l. leg forw., 1! lower 2! right 3! 4! bend the  
knees 5-6! stretch 7-8! raise l. leg forw. 1! lower 2!  
right 3! 4! bend trunk forw. 5-6! straighten 7-8!
- 2) raise l. leg sidew. 1! lower 2! right 3! 4! bend  
knees 5-6! stretch 7-8! raise the l. leg sidew. 1! lower 2!  
right 3! 4! bend trunk sidew. 1. 5-6! straighten 7-8!

3) repeat 2) beginning with the r. leg and bend trunk to the right.

4) raise the l. leg backw. 1! lower 2! right 3! 4! bend knees 5! 6! stretch 7-8! raise the l. leg backw. 1! lower 2! right 3! 4! bend trunk backw. 5-6! straighten 7-8! (On the last count raise clubs to start. position.)

### Club swinging.

3. a) Lunge sidew. left (and remain) with double front small arm circle to the left and double hand circles to the left rear of shoulders 1! 2!
- b) extend l. arm sidew. and swing the l. club to a position sideward, with the right swing the front large arm circle inward and hand circle outward rear of left shoulder (r. hand above) 3! 4!
- c) left remains in position—with the right front large arm circle inward and hand circle outward rear of left arm, r. hand under (Fig. 38.) 5! 6!
- d) double front large arm circle to the left twice 7! 8!
- e) double large front large arm circle to the left and double hand circle to the left rear of left shoulder 9! 10!
- f) double front large arm circle to the left and double hand circle outward rear of l. shoulder, r. hand under 11! 12!
- g) double front arm swing to the left to a pos. upward and double hand circle to the left rear of shoulders 13! 14!
- h) double front arm swing to the left to starting pos. and replace the left foot 15! 16!
4. a) Lunge sidew. right (and remain) with double front small arm circle to the right and hand circles to the right rear of shoulders 1! 2!
- b) extend r. arm sideward, swing the r. club to a position sidew. and remain—with the left front large arm circle inward and hand circle outward rear of right shoulder (l. hand above) 3! 4!
- c) right remains in position—with the left swing front large arm circle inward and hand circle outward rear of right shoulder, l. hand under 5! 6!
- d) double front large arm circle to the right twice 7! 8!

- e) double front large arm circle to the right and double hand circle to the right rear of right shoulder 9! 10!
  - f) double front large arm circle to the right and double hand circle to the right rear of right shoulder, l. hand under 11! 12!
  - g) double front arm swing to the right to position upward and double hand circle to the right rear of shoulders 13! 14!
  - h) double front arm swing to the right to starting position and replace the r. foot 15! 16!
- Repeat 3. from a) to h) 1-16!
- Repeat 4. from a) to h) and on the last count bend arms in rear inward 1-16!
- Repeat the leg and trunk ex.

# XI.

(Front and flank arm swings with stride positions, turns and kneeling — front and flank hand circles and swings with trunk bending. Flank and front small, large and hand circles.)

Starting position: Arms bent, clubs in perpendicular position front of shoulders.

(39.)

1. a) Stride sidew. left,  $\frac{1}{4}$  turn to the right and stride backw. right—with a double front arm swing to the left to a position forw. (after the turn) and tip clubs on the forearms 1! 2!
- b)  $\frac{1}{2}$  turn to the right and kneel left—with a double flank arm swing forw. pass the right side to a position forward and tip clubs on the forearms (See Fig. 62.) 3! 4!
- c) straighten knees (5!) and bend trunk forw. (6!) with a double flank hand circle forward outside the arms (5!) and double flank arm swing to position backward (6!) 5! 6!



- d) straighten trunk (7!) and bend backward (8!) with a double flank  $\frac{1}{2}$  circle forw., double flank hand circle backward outside the arms (7!) and lower clubs rear of shoulder (8!) 7! 8!
- e) straighten trunk—with double flank large arm circle forw. pass the left side and double flank hand circle forw. inside the arms 9! 10!
- f) double large flank arm circle forw. pass the l. side and double flank hand circle forw. outside the r. arm (arms bent, left hand above the r. arm) 11! 12!
- g) repeat f) but double flank hand circle outside the r. shoulder with the left hand under the r. arm 13! 14!
- h) double flank arm swing forward pass the l. side to starting position 15! 16!
- 2. a)  $\frac{1}{2}$  turn to the left—with double flank arm swing forw. pass the left side to a position forward (after the turn) and tip clubs on the forearms 1! 2!
- b) stride forw. right, replace the left with a  $\frac{1}{4}$  turn left and bend the knees with a double flank  $\frac{1}{2}$  arm circle forw. pass the l. side to a position sidew. left (after the turn) and tip clubs on the forearms 3! 4!
- c) stretch the knees (5!) and bend trunk sidew. left (6!) with a double front arm swing downward, double front low hand circle to the l. (5!) to a position sidew. right (Fig. 39.) 5! 6!
- d) straighten trunk (7!) and bend to the right (8!) with a double front low hand circle to the right (7!) to a position sidew. left (8!) 7! 8!
- e) straighten trunk with a double front arm swing to the left to a position upward and double front upper hand circle to the left 9! 10!
- f) double front large arm circle to the left and double hand circle to the left rear of left shoulder 11! 12!
- g) double front large arm circle to the left and double hand circle to the left rear of right shoulder 13! 14!
- h) double front arm swing to the l. to starting pos. 15! 16!
- 3. a) Stride sidew. right,  $\frac{1}{4}$  turn to the left and stride backward left—with a double front arm swing to the right to a position forward (after the turn) and tip the clubs on the forearms 1! 2!

- b)  $\frac{1}{2}$  turn to the left and kneel right — with a double flank arm swing forw., pass the left side, to a position forward (after the turn) and tip clubs on the forearms (See Fig. 46.)  
3! 4!
- c) d) repeat 1. c) (bending forw. and backw. ) (See Fig. 47 and 48.)  
5-8!
- e) straighten trunk with a double flank large arm circle forward pass the right side, and double flank hand circle forw. inside the arms  
9! 10!
- f) double flank large arm circle forw. pass the r. side and double flank hand circle forward outside the left arm (arms bent r. above the left)  
11! 12!
- g) repeat f) the r. under the left  
13! 14!
- h) double flank arm swing forward pass the r. side to starting position  
15! 16!
4. a)  $\frac{1}{2}$  turn to the right—with a double flank arm swing forw. pass the right side to a position forward (after the turn) and tip clubs on the forearms  
1! 2!
- b) stride forward left, replace the right foot and bend knees—with a double flank  $\frac{1}{2}$  arm circle forw. pass the right side, to a position sidew. right (after the turn) and tip clubs on the forearms  
3! 4!
- c) stretch the knees (5!) and bend trunk sidew. right with double front arm swing downward, double front low hand circle to the right to a position sidew. left  
5! 6!
- d) straighten trunk with double front arm swing downward—double front low hand circle to the left to a position sidew. right and bend trunk sidew. left (Fig. 40.)  
7! 8!
- e) straighten trunk with double front arm swing downward to a position upward and front upper hand circle to the right  
9! 10!
- f) double front large arm circle to the right and double hand circle to the right rear of right shoulder  
11! 12!
- g) double front large arm circle to the right and double hand circle to the right rear of left shoulder  
13! 14!
- h) double front arm swing to the right to starting pos. 15! 16!
-



## XII.

(Flank arm swings and large arm circles forward and backward with  $\frac{1}{2}$  turns. Flank hand circles. Lunging and trunk ex.)

Starting pos. for club swinging: arms bent, clubs in perpendicular pos. front of shoulders. For lunging and trunk ex.: arms bent in rear inward, clubs under the arms.

## Club swinging.

1. a) Stride backward left,  $\frac{1}{2}$  turn to the left—with a double flank arm swing forward pass the l. side, to a position upward and (2nd count, after the turn) quickly double flank large arm circle backward pass the right side 1! 2!
- b)  $\frac{1}{2}$  turn to the left (on the l. foot) raise the r. foot forw. and stride backw. (after the turn) with a double flank large arm circle forw. (after the turn) pass the r. side and double flank arm swing forward to a position backward (left on l., r. on r. side) 3! 4!
- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 5! 6!
- d) double flank hand circle forward twice: with the left outside and inside of the arm, and with the right inside and outside of the arm 7! 8!
- e)  $\frac{1}{2}$  turn to the right—with double flank arm swing forward pass the r. side to a position upward—and (after the turn) double large flank large arm circle backward pass the l. side to a position upward 9! 10!
- f)  $\frac{1}{2}$  turn right (on the l. foot) raise and stride forw. right—with a double flank large arm circle forw. pass the l. side and double flank arm swing to a position backw. (l. on l., r. on r. side) 11! 12!
- g) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 13! 14!
- h) double flank hand circle forw. twice: with the left outside and inside of the arm—with the right inside and outside of the arm—and close heels on the last count 15! 16!
2. a) Double flank large arm circle pass the left side and double

flank hand circle outside the r. arm (arms bent left above)

1! 2!

- b) double flank large arm circle pass the right side and double flank hand circle forward outside the left arm (arms bent, r. above) 3! 4!

- c) double large flank arm circle forw. pass the l. side to a position upward and double flank large arm circle forward pass the r. side to a position upward (each circle in one count) 5! 6!

- d) repeat c) 7! 8!

- e) double flank large arm circle forward pass the r. side and double flank hand circle forward outside the left arm (arms bent r. under, (See Fig. 36.) 9! 10!

- f) double flank large arm circle forw. pass the l. side and double flank hand circle forw. outside the r. arm left under 11! 12!

- g) repeat c) 13! 14!

- h) double flank large arm circle forward pass the left side to a position upward and on the last count, bend arms to starting position 15! 16!

3. a) Stride backward right,  $\frac{1}{2}$  turn to the right—with a double flank arm

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swing forward to a position upward and double flank large arm circle backward pass the left side (after the turn) to a pos. upward 1! 2!

- b)  $\frac{1}{2}$  turn to the r. (on the r. foot) raise the l. foot forw. and stride backw. (after the turn)—with a double flank large arm circle forward pass the l. side and double flank arm swing to a position backward (l. on left, r. on the r. side) 3! 4!

- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip the clubs on the forearms 5! 6!



## XII.

(Flank arm swings and large arm circles forward and backward with  $\frac{1}{2}$  turns. Flank hand circles. Lunging and trunk ex.)

Starting pos. for club swinging: arms bent, clubs in perpendicular pos. front of shoulders. For lunging and trunk ex.: arms bent in rear inward, clubs under the arms.

## Club swinging.

1. a) Stride backward left,  $\frac{1}{2}$  turn to the left—with a double flank arm swing forward pass the l. side, to a position upward and (2nd count, after the turn) quickly double flank large arm circle backward pass the right side 1! 2!
- b)  $\frac{1}{2}$  turn to the left (on the l. foot) raise the r. foot forw. and stride backw. (after the turn) with a double flank large arm circle forw. (after the turn) pass the r. side and double flank arm swing forward to a position backward (left on l., r. on r. side) 3! 4!
- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 5! 6!
- d) double flank hand circle forward twice: with the left outside and inside of the arm, and with the right inside and outside of the arm 7! 8!
- e)  $\frac{1}{2}$  turn to the right—with double flank arm swing forward pass the r. side to a position upward—and (after the turn) double large flank large arm circle backward pass the l. side to a position upward 9! 10!
- f)  $\frac{1}{2}$  turn right (on the l. foot) raise and stride forw. right—with a double flank large arm circle forw. pass the l. side and double flank arm swing to a position backw. (l. on l., r. on r. side) 11! 12!
- g) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 13! 14!
- h) double flank hand circle forw. twice: with the left outside and inside of the arm—with the right inside and outside of the arm—and close heels on the last count 15! 16!
2. a) Double flank large arm circle pass the left side and double

- b)  $\frac{1}{2}$  turn to the left and kneel right — with a double flank arm swing forw., pass the left side, to a position forward (after the turn) and tip clubs on the forearms (See Fig. 46.)  
3! 4!
- c) d) repeat 1. c) (bending forw. and backw. ) (See Fig. 47 and 48.)  
5-8!
- e) straighten trunk with a double flank large arm circle forward pass the right side, and double flank hand circle forw. inside the arms  
9! 10!
- f) double flank large arm circle forw. pass the r. side and double flank hand circle forward outside the left arm (arms bent r. above the left)  
11! 12!
- g) repeat f) the r. under the left  
13! 14!
- h) double flank arm swing forward pass the r. side to starting position  
15! 16!
4. a)  $\frac{1}{2}$  turn to the right—with a double flank arm swing forw. pass the right side to a position forward (after the turn) and tip clubs on the forearms  
1! 2!
- b) stride forward left, replace the right foot and bend knees—with a double flank  $\frac{1}{2}$  arm circle forw. pass the right side, to a position sidew. right (after the turn) and tip clubs on the forearms  
3! 4!
- c) stretch the knees (5!) and bend trunk sidew. right with double front arm swing downward, double front low hand circle to the right to a position sidew. left  
5! 6!
- d) straighten trunk with double front arm swing downward—double front low hand circle to the left to a position sidew. right and bend trunk sidew. left (Fig. 40.)  
7! 8!
- e) straighten trunk with double front arm swing downward to a position upward and front upper hand circle to the right  
9! 10!
- f) double front large arm circle to the right and double hand circle to the right rear of right shoulder  
11! 12!
- g) double front large arm circle to the right and double hand circle to the right rear of left shoulder  
13! 14!
- h) double front arm swing to the right to starting pos. 15! 16!
-

## XII.

(Flank arm swings and large arm circles forward and backward with  $\frac{1}{2}$  turns. Flank hand circles. Lunging and trunk ex.)

Starting pos. for club swinging: arms bent, clubs in perpendicular pos. front of shoulders. For lunging and trunk ex.: arms bent in rear inward, clubs under the arms.

## Club swinging.

1. a) Stride backward left,  $\frac{1}{2}$  turn to the left—with a double flank arm swing forward pass the l. side, to a position upward and (2nd count, after the turn) quickly double flank large arm circle backward pass the right side 1! 2!
- b)  $\frac{1}{2}$  turn to the left (on the l. foot) raise the r. foot forw. and stride backw. (after the turn) with a double flank large arm circle forw. (after the turn) pass the r. side and double flank arm swing forward to a position backward (left on l., r. on r. side) 3! 4!
- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 5! 6!
- d) double flank hand circle forward twice: with the left outside and inside of the arm, and with the right inside and outside of the arm 7! 8!
- e)  $\frac{1}{2}$  turn to the right—with double flank arm swing forward pass the r. side to a position upward—and (after the turn) double large flank large arm circle backward pass the l. side to a position upward
- f)  $\frac{1}{2}$  turn right (on the l. foot) raise the r. foot forw. and stride right—with a double flank large arm circle forward pass the l. side and double flank arm swing to a position backward (l. on l., r. on r. side)
- g) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms
- h) double flank hand circle forw. twice: with the left outside and inside of the arm—with the right inside and outside of the arm—and close heels on the last count
2. a) Double flank large arm circle pass the l. side to a position upward

flank hand circle outside the r. arm (arms bent left above)

1! 2!

- b) double flank large arm circle pass the right side and double flank hand circle forward outside the left arm (arms bent, r. above) 3! 4!

- c) double large flank arm circle forw. pass the l. side to a position upward and double flank large arm circle forward pass the r. side to a position upward (each circle in one count) 5! 6!

- d) repeat c) 7! 8!

- e) double flank large arm circle forward pass the r. side and double flank hand circle forward outside the left arm (arms bent r. under, (See Fig. 36.) 9! 10!

- f) double flank large arm circle forw. pass the l. side and double flank hand circle forw. outside the r. arm left under 11! 12!

- g) repeat c) 13! 14!

- h) double flank large arm circle forward pass the left side to a position upward and on the last count, bend arms to starting position 15! 16!

3. a) Stride backward right,  $\frac{1}{2}$  turn to the right—with a double flank arm

swing forward to a position upward and double flank large arm circle backward pass the left side (after the turn) to a pos. upward 1! 2!

- b)  $\frac{1}{2}$  turn to the r. (on the r. foot) raise the l. foot forw. and stride backw. (after the turn)—with a double flank large arm circle forward pass the l. side and double flank arm swing to a position backward (l. on left, r. on the r. side) 3! 4!

- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip the clubs on the forearms 5! 6!



(40.)

- d) double flank hand circle forward twice: with the left outside and inside, with the right inside and outside of the arm  
7! 8!
- e)  $\frac{1}{2}$  turn to the left—with a double flank arm swing forw., pass the l. side to a position upward and (after the turn) double flank large arm circle backward pass the right side  
9! 10!



(41.)

- f)  $\frac{1}{2}$  turn to the left (on the r. foot) raise the l. foot and place it in a stride pos. forw.—with a double flank large arm circle forw. pass the right side (after the turn) and double flank arm swing forw. to a pos. backward (l. on the l., r. on the r. side)  
11! 12!
- g) double flank  $\frac{1}{2}$  arm circle to a position forw. and tip the clubs on the forearm  
13! 14!
- h) double flank hand circle forward twice: with the left inside and outside, with the right outside and inside of the arm and close heels  
15! 16!
4. a) Double large flank arm circle forward pass the right side and double flank hand circle forward outside the left arm (r. above)  
1! 2!
- b) double flank large arm circle forward pass the l. side and double flank hand circle forward outside the r. arm (l. above)  
3! 4!
- c) double flank large arm circle forward pass the right side and double flank large arm circle forward pass the left side  
5! 6!
- d) repeat c)  
7! 8!
- e) double flank large arm circle forward pass the left side and double flank hand circle forw. outside the r. arm, (left under)  
9! 10!
- f) double flank large arm circle forward pass the right side and double flank hand circle forward outside the l. arm, r. under  
11! 12!

- g) repeat c) 13! 14!  
 h) double flank large arm circle forward pass the r. side and on the last count bend arms in rear inward (Fig. 41.) 15! 16!

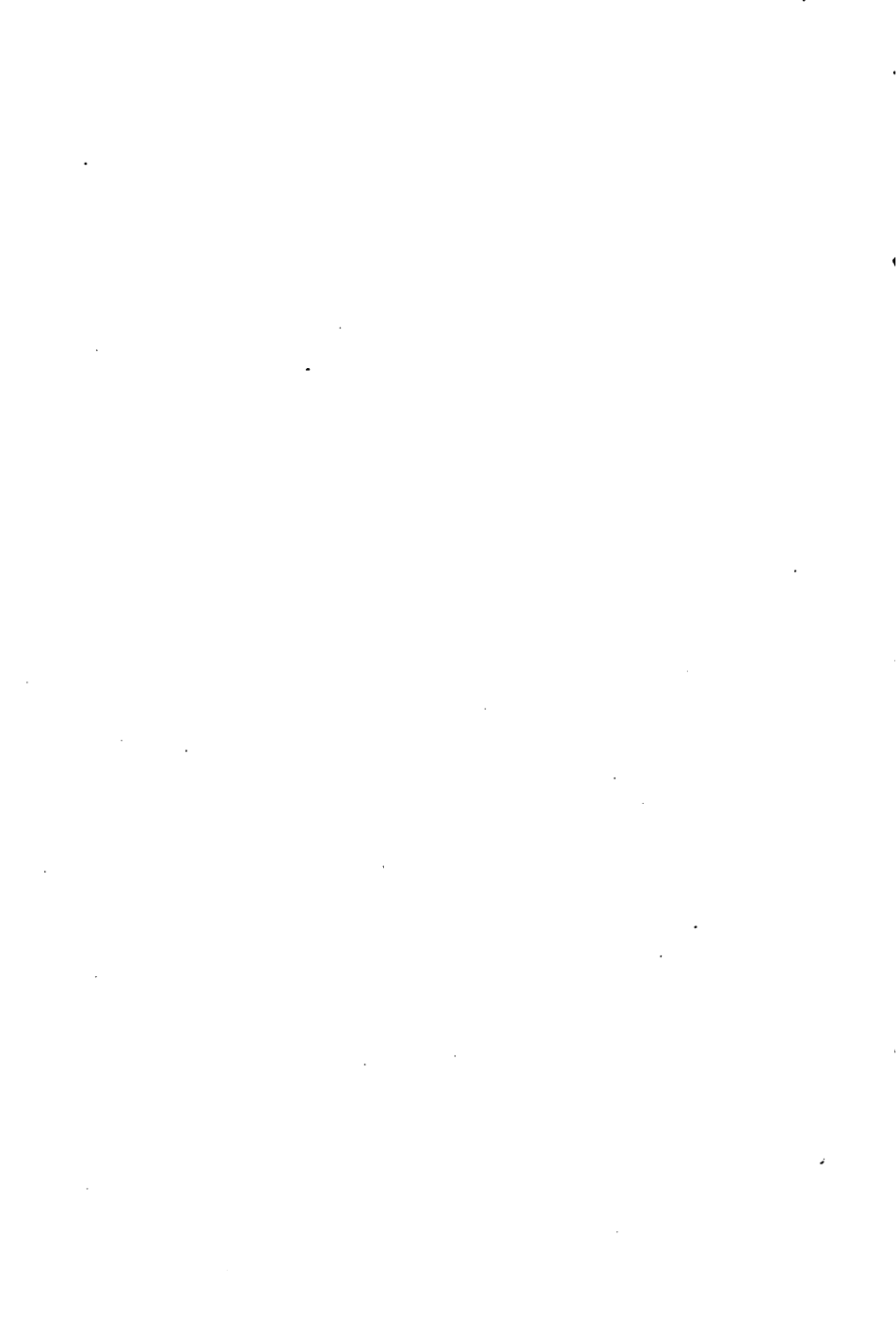
### Lunging and trunk ex.

- 1) Raise l. leg forw. 1! lunge backw. left 2! raise l. forw. 3! position 4! repeat right 5-8!
  - 2) raise l. leg backward 1! lunge forw. left 2! raise l. backw. 3! close 4! repeat right 5-8!
  - 3) raise left leg forw. inward 1! lunge sidw. left 2! raise left forw. inw. 3! close 4! same right 5-8!
  - 4) bend knees (slowly) 1-4! stretch the knees 5-8!
  - 5) bend trunk forw. 1! bend trunk sidw. left 2! backward 3! sidw. right 4! backw. 5! sidw. l. 6! forw. 7! straighten 8!
  - 6) repeat 5) starting to the right.
- Repeat clubs swinging 1., 2., 3., 4. and repeat lunging and trunk ex.

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(Note: In ex. 1. a) b) c) the movement of the clubs is continuous: On the first count with the backw. stride swing double flank arm swing forw. pass the left side and simultaneously with the club movement upward make  $\frac{1}{2}$  turn to the left so that when the clubs reach the position upward we are facing backward and the clubs continue the double flank arm circle backward pass the r. side. Now again, simultaneously with the upward swing raise the r. foot, and make a quick  $\frac{1}{2}$  turn l. on the l. foot, placing the r. foot in a stride position backward and the clubs after the turn (on the 3rd count) continue double large flank arm circle forward pass the r. side. On the 4th count finish with a double flank arm swing to a position backward. After the flank hand circles in ex. e) swing again double flank arm swing forw. pass the r. side and make  $\frac{1}{2}$  turn to the right so that when the clubs reach the highest point, we are facing backward and clubs continue in double large flank arm circle backward pass the l. side. Simultaneously with an upward swing make  $\frac{1}{2}$  turn right on the l. foot and raising the r. foot, place it in a stride pos. forw. and from the highest point the clubs continue in a double flank arm circle forw. pass the l. side and finish with a double flank arm swing to a position backward. All the flank circles are executed in a "quick tempo." one circle in one count.)

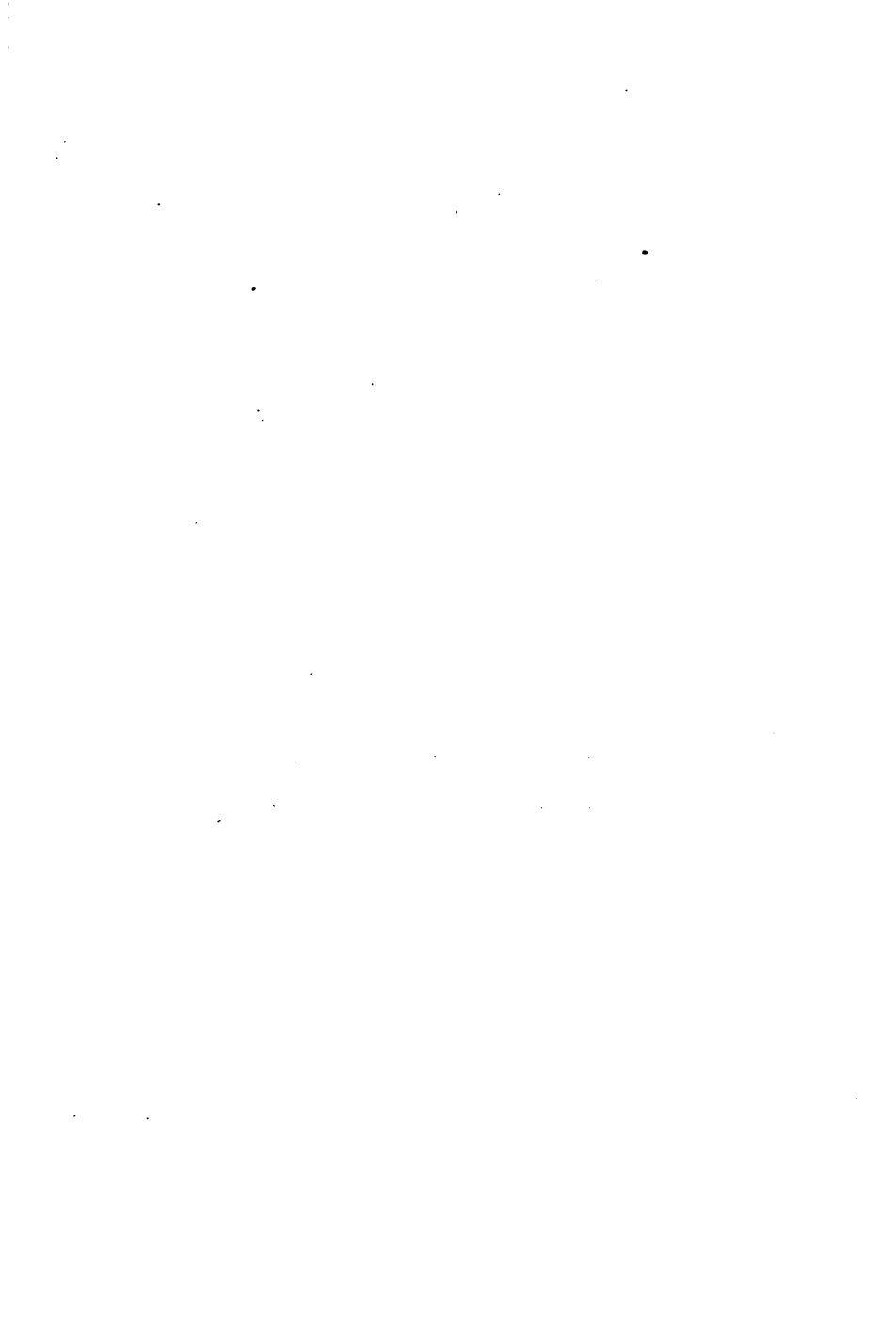




### **PART III.**

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- a) Combinations with dissimilar hand circles.**
- b) Combinations with alternate arm and hand circles.**



## I.

(Front arm swings and  $\frac{1}{2}$  arm circles with knees and trunk bending. Similar and dissimilar—front—upper hand circles and hand circles rear of shoulders. Horizontal hand circles.)

Starting position: Arms bent, clubs in perpendicular position front of shoulders.

1. a) Step sideward left and bend the knees—with a double front arm swing to the left to a position sidew. right and tip clubs on the forearms 1! 2!
- b) stretch the knees and bend trunk sidew. right—with a double front  $\frac{1}{2}$  arm circle to a position sidew. left and tip clubs on the forearms 3! 4!
- c) straighten trunk with a front double arm swing to the left to a position upward and double hand circle to the left rear of shoulders 5! 6!
- d) double front large arm circle to the left and double front upper hand circle to the left 7! 8!
- e) double front large arm circle to the left and with the left hand circle outward rear of shoulder, with the right front upper hand circle inward 9! 10!
- f) double front large arm circle to the left and with the left front upper hand c. outw., with the right hand circle rear of shoulder inward 11! 12!
- g) front double arm swing to the left to a position sidew. right and double horizontal hand circle above the hands to a position sidew. left 13! 14!
- h) front double arm swing downward to starting pos. 15! 16!
2. a) Step sideward right and bend the knees—with a double front arm swing to the right to a position sidew. left and tip clubs on the forearms 1! 2!
- b) stretch the knees and bend trunk sidew. left with a double front  $\frac{1}{2}$  arm circle to a position sidew. right and tip clubs on the forearms 3! 4!
- c) straighten trunk—with a double front arm swing to the right to a position upward and double hand circle to the right rear of shoulders 5! 6!
- d) double front large arm circle to the right and double front upper hand circle to the right 7! 8!

- d) straighten trunk (7!) and bend backward (8!) with a double flank  $\frac{1}{2}$  circle forw., double flank hand circle backward outside the arms (7!) and lower clubs rear of shoulder (8!)  
7! 8!
  - e) straighten trunk—with double flank large arm circle forw. pass the left side and double flank hand circle forw. inside the arms  
9! 10!
  - f) double large flank arm circle forw. pass the l. side and double flank hand circle forw. outside the r. arm (arms bent, left hand above the r. arm)  
11! 12!
  - g) repeat f) but double flank hand circle outside the r. shoulder with the left hand under the r. arm  
13! 14!
  - h) double flank arm swing forward pass the l. side to starting position  
15! 16!
2. a)  $\frac{1}{2}$  turn to the left—with double flank arm swing forw. pass the left side to a position forward (after the turn) and tip clubs on the forearms  
1! 2!
- b) stride forw. right, replace the left with a  $\frac{1}{4}$  turn left and bend the knees with a double flank  $\frac{1}{2}$  arm circle forw. pass the l. side to a position sidew. left (after the turn) and tip clubs on the forearms  
3! 4!
  - c) stretch the knees (5!) and bend trunk sidew. left (6!) with a double front arm swing downward, double front low hand circle to the l. (5!) to a position sidew. right (Fig. 39.)  
5! 6!
  - d) straighten trunk (7!) and bend to the right (8!) with a double front low hand circle to the right (7!) to a position sidew. left (8!)  
7! 8!
  - e) straighten trunk with a double front arm swing to the left to a position upward and double front upper hand circle to the left  
9! 10!
  - f) double front large arm circle to the left and double hand circle to the left rear of left shoulder  
11! 12!
  - g) double front large arm circle to the left and double hand circle to the left rear of right shoulder  
13! 14!
  - h) double front arm swing to the l. to starting pos.  
15! 16!
3. a) Stride sidew. right,  $\frac{1}{4}$  turn to the left and stride backward left—with a double front arm swing to the right to a position forward (after the turn) and tip the clubs on the forearms  
1! 2!

- b)  $\frac{1}{2}$  turn to the left and kneel right — with a double flank arm swing forw., pass the left side, to a position forward (after the turn) and tip clubs on the forearms (See Fig. 46.)  
3! 4!
- c) d) repeat 1. c) (bending forw. and backw. ) (See Fig. 47 and 48.)  
5-8!
- e) straighten trunk with a double flank large arm circle forward pass the right side, and double flank hand circle forw. inside the arms  
9! 10!
- f) double flank large arm circle forw. pass the r. side and double flank hand circle forward outside the left arm (arms bent r. above the left)  
11! 12!
- g) repeat f) the r. under the left  
13! 14!
- h) double flank arm swing forward pass the r. side to starting position  
15! 16!
4. a)  $\frac{1}{2}$  turn to the right—with a double flank arm swing forw. pass the right side to a position forward (after the turn) and tip clubs on the forearms  
1! 2!
- b) stride forward left, replace the right foot and bend knees—with a double flank  $\frac{1}{2}$  arm circle forw. pass the right side, to a position sidew. right (after the turn) and tip clubs on the forearms  
3! 4!
- c) stretch the knees (5!) and bend trunk sidew. right with double front arm swing downward, double front low hand circle to the right to a position sidew. left  
5! 6!
- d) straighten trunk with double front arm swing downward—double front low hand circle to the left to a position sidew. right and bend trunk sidew. left (Fig. 40.)  
7! 8!
- e) straighten trunk with double front arm swing downward to a position upward and front upper hand circle to the right  
9! 10!
- f) double front large arm circle to the right and double hand circle to the right rear of right shoulder  
11! 12!
- g) double front large arm circle to the right and double hand circle to the right rear of left shoulder  
13! 14!
- h) double front arm swing to the right to starting pos. 15! 16!

## XII.

(Flank arm swings and large arm circles forward and backward with  $\frac{1}{2}$  turns. Flank hand circles. Lunging and trunk ex.)

Starting pos. for club swinging: arms bent, clubs in perpendicular pos. front of shoulders. For lunging and trunk ex.: arms bent in rear inward, clubs under the arms.

## Club swinging.

1. a) Stride backward left,  $\frac{1}{2}$  turn to the left—with a double flank arm swing forward pass the l. side, to a position upward and (2nd count, after the turn) quickly double flank large arm circle backward pass the right side 1! 2!
- b)  $\frac{1}{2}$  turn to the left (on the l. foot) raise the r. foot forw. and stride backw. (after the turn) with a double flank large arm circle forw. (after the turn) pass the r. side and double flank arm swing forward to a position backward (left on l., r. on r. side) 3! 4!
- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 5! 6!
- d) double flank hand circle forward twice: with the left outside and inside of the arm, and with the right inside and outside of the arm 7! 8!
- e)  $\frac{1}{2}$  turn to the right—with double flank arm swing forward pass the r. side to a position upward—and (after the turn) double large flank large arm circle backward pass the l. side to a position upward 9! 10!
- f)  $\frac{1}{2}$  turn right (on the l. foot) raise and stride forw. right—with a double flank large arm circle forw. pass the l. side and double flank arm swing to a position backw. (l. on l., r. on r. side) 11! 12!
- g) double flank  $\frac{1}{2}$  arm circle to a position forward and tip clubs on the forearms 13! 14!
- h) double flank hand circle forw. twice: with the left outside and inside of the arm—with the right inside and outside of the arm—and close heels on the last count 15! 16!
2. a) Double flank large arm circle pass the left side and double

flank hand circle outside the r. arm (arms bent left above)

1! 2!

- b) double flank large arm circle pass the right side and double flank hand circle forward outside the left arm (arms bent, r. above)

3! 4!

- c) double large flank arm circle forw. pass the l. side to a position upward and double flank large arm circle forward pass the r. side to a position upward (each circle in one count)

5! 6!

- d) repeat c) 7! 8!

- e) double flank large arm circle forward pass the r. side and double flank hand circle forward outside the left arm (arms bent r. under, (See Fig. 36.)

9! 10!

- f) double flank large arm circle forw. pass the l. side and double flank hand circle forw. outside the r. arm left under

11! 12!

- g) repeat c) 13! 14!

- h) double flank large arm circle forward pass the left side to a position upward and on the last count, bend arms to starting position

15! 16!

3. a) Stride backward right,  $\frac{1}{2}$  turn to the right—with a double flank arm swing forward to a position upward and double flank large arm circle backward pass the left side (after the turn) to a pos. upward
- b)  $\frac{1}{2}$  turn to the r. (on the r. foot) raise the l. foot forw. and stride backw. (after the turn)—with a double flank large arm circle forward pass the l. side and double flank arm swing to a position backward (l. on left, r. on the r. side)
- c) double flank  $\frac{1}{2}$  arm circle to a position forward and tip the clubs on the forearms

1! 2!

3! 4!

5! 6!



(40.)



- arm circle to a pos. arms bent in front inward and tip the clubs on the forearms (Fig. 43.) 3! 4!
- c) stretch the knees with a double front arm swing downward and double front low hand circle inward 5! 6!
  - d) double front small arm circle inward and double hand circle inward rear of hips 7! 8!
  - e) with the right small front arm circle inward and hand circle inward rear of hip — with the left front arm swing inward and front low hand circle inward 9! 10!
  - f) with the right front arm swing inward and front low hand circle inward — with the left front small arm circle inward and hand circle inward rear of hip 11! 12!
  - g) double front arm swing inward to a position sideward and double horizontal hand circle under the hands inward to a position arms crossed 13! 14!
  - h) double front arm swing downward to starting position 15! 16!

### III.

(Front arm swings and  $\frac{1}{2}$  arm circles with steps, knees and trunk bending. Similar and dissimilar front upper, rear shoulder, front low and rear hip hand circles.)

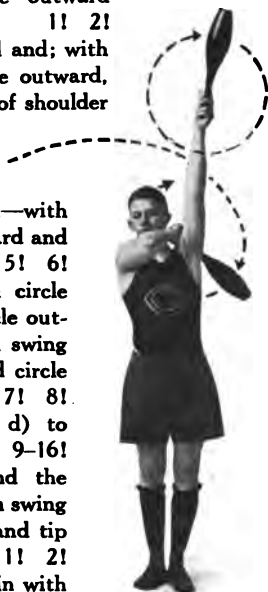
Starting position: Arms bent, clubs in perpendicular pos. front of shoulders.

1. a) Step sidew. left and bend the knees—with a double front arm swing to the left to a position sidew. right and tip the clubs on the forearms 1! 2!
- b) stretch the knees and bend again—with a double front  $\frac{1}{2}$  arm circle to a position sidew. left and tip the clubs on the forearms 3! 4!
- c) stretch the knees — with a double front arm swing to the left to a position upward and double front upper hand circle to the left 5! 6!
- d) front double large arm circle to the left and double hand circle to the left rear of shoulders 7! 8!

- e) step sideward left and bend the trunk sidew. left with a double front arm swing to the left to a pos. sidew. tight and tip clubs on the forearms 9! 10!
  - f) straighten trunk and bend sidew. right — with a double front  $\frac{1}{2}$  circle to a pos. sidew. left and tip clubs on the forearms 11! 12!
  - g) straighten trunk—with a double front arm swing downward and double front low hand circle to the left 13! 14!
  - h) with the left arm swing outward rear of body, with the right small front arm circle inward and double hand circle to the left rear of hips and up to start. position 15! 16!
2. a) Double front arm swing to the left to a position upw and: with the left hand circle rear of shoulder outward, with the right front upper hand circle inward 1! 2!
- b) double front large arm circle to the left, and with the left front upper hand circle outward, with the right hand circle rear of shoulder inward 3! 4!
- c) with the left front arm swing outw. rear of body and hand circle outward rear of hip, with the right front arm swing inward and front hand circle inward 5! 6!
- d) with the left front small arm circle outward and front low hand circle outward — with the right small front small arm circle inward and hand circle inward rear of hip 7! 8!
- e) f) g) h) repeat a) b) c) d) swinging the clubs on the last count to starting pos. 9-16!
3. a) Step sideward right and bend the knees with a double front arm swing to the right to pos. sidew. left and tip the clubs on the forearms 1! 2!
- b) stretch the knees and bend again — with a double front  $\frac{1}{2}$  arm circle to a position sidew. right and tip clubs on the forearms 3! 4!
- c) stretch the knees with a double front arm swing to the right to a position upward and double front upper hand circle to the right 5! 6!
- d) front double large arm circle to the right and double hand circle to the right rear of shoulders 7! 8!
- e) step sidew. right and bend the trunk sideward right with a double front arm swing to the right to a position sidew. left and tip clubs on the forearms 9! 10!

- f) straighten trunk and bend sidew. left, with double front  $\frac{1}{2}$  arm circle to a pos. sidew. right and tip clubs on the forearms 11! 12!
- g) straighten trunk with a double front arm swing downward and double front low hand circle to the right 13! 14!
- h) with the right arm swing outward rear of body, with the left front small arm circle inward and double hand circle rear of hips and up to starting position 15! 16!
- 4. a) Double front arm swing to the right to a position upward and with the right hand circle rear of shoulder outward, with the left front upper hand circle inward 1! 2!
- b) double front large arm circle to the right, and: with the right front upper hand circle outward, with the left hand circle rear of shoulder inward 3! 4!
- c) with the right front arm swing outward rear of body and hand circle outward rear of hip — with the left front arm swing inward and front low hand circle inward 5! 6!
- d) with the right front small arm circle outward and front low hand circle outward—with the left small front arm circle inward and hand circle rear of hip inward 7! 8!
- e) f) g) h) repeat a) b) c) d) to starting pos. 9–16!
- 5. a) Step forw. left and bend the knees—with a double front arm swing outward, to a position arms bent in front inward and tip clubs on the forearms (See Fig. 43.) 1! 2!
- b) stretch the knees and bend again with a double front  $\frac{1}{2}$  arm circle to a position sideward and tip clubs on the forearms 3! 4!
- c) stretch the knees with a double front arm swing outw. to a position upward and double front upper hand circle outward 5! 6!
- d) front double large arm circle outward and double hand circle outward rear of shoulders 7! 8!
- e) step forward right (close with the l.) and bend the trunk forward, with a double front arm swing outward to a position arms bent in front inward and tip the clubs on the forearms 9! 10!
- f) straighten trunk and bend backward with a front  $\frac{1}{2}$  arm circle to a position sideward and tip the clubs on the forearms 11! 12!

- g) straighten trunk with a double front arm swing downward and double front low hand circle outward 13! 14!
- h) double front arm swing outward rear of body and double hand circle rear of hips outward to starting pos. 15! 16!
6. a) Double front arm swing outward to a position upward, and; with the left hand circle outward rear of shoulder, with the right front upper hand circle outward 1! 2!
- b) front double arm circle outward and; with the left front upper hand circle outward, with the right hand circle rear of shoulder outward 3! 4!
- c) with the left front arm swing outward rear of body and hand circle rear of hip outward—with the right front arm swing outward and front low hand circle outward 5! 6!
- d) with the left front small arm circle outward an front low hand circle outward, with the right front arm swing outward rear of body and hand circle outward rear of hip 7! 8!
- e) f) g) h) repeat a) b) c) d) to start. pos. 9-16!
7. a) step backward right and bend the knees with a double front arm swing inward to a position sideward and tip the clubs on the forearms 1! 2!
- b) stretch the knees and bend again with a front  $\frac{1}{2}$  arm circle to a pos. arms bent in front inward and tip the clubs on the forearms 3! 4!
- c) stretch the knees with a double front arm swing inward to a position upward and double front upper hand circle inward 5! 6!
- d) double front large arm circle inward and double hand circle inward rear of shoulders 7! 8!
- e) step backward and bend the trunk backward with a double



(44.)

- front arm swing inward to a position sidew. and tip the clubs on the forearms 9! 10!
- f) straighten trunk and bend forward, with a double front  $\frac{1}{2}$  arm circle to a pos. arms bent in front inward and tip clubs on the forearms 11! 12!
- g) straighten trunk with a double front arm swing inward and double front low hand circle inward 13! 14!
- h) double front small arm circle inward and double hand circle inward rear of hips to start. pos. 15! 16!
8. a) Double front arm swing inward to a position upward and: with the right hand circle inward rear of shoulder, with the left front upper hand circle inward 1! 2!
- b) double front large arm circle inward and: with the right front upper hand circle inward, with the left hand circle inward rear of shoulder. 3! 4!
- c) double front arm swing inward and: with the right hand circle inward rear of hip, with the left front low hand circle inward 5! 6!
- d) double front small arm circle inward and with the right front low hand circle inward, with the left hand circle inward rear of hip 7! 8!
- e) f) g) h) repeat a) b) c) d) 9-16!

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(This lesson at first sight will perhaps seem rather long for ordinary class work, but there are only two groups of ex., and the same are repeated, only the direction is changed. Those who have gone through lesson I. and II. should not have the slightest difficulty with this one.

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## IV.

(Front arm swings,  $\frac{1}{2}$  arm circles with swings over. Similar and dissimilar rear shoulders and rear hips hand circles. Knee bending, trunk rotation and bending.)

Starting position for club swinging: Arms bent, clubs in perpendicular position front of shoulders. For leg and trunk ex.: hands on hips.

## Club swinging.

1. a) Double front arm swing to the left to a position sidew. right and: with the left front  $\frac{1}{2}$  arm circle to a position sideward and with the right swing over to a position sidew. left  
1! 2!
- b) double front  $\frac{1}{2}$  arm circle to a position sidew. right and: with the left swing over to a position sideward, and with the right front  $\frac{1}{2}$  arm circle to a position sidew. left 3! 4!
- c) double front arm swing downward to a position upward and double hand circle rear of shoulders to the left 5! 6!
- d) double front arm swing to the left (with the left rear of body) and double hand circle rear of hips to the left 7! 8!
- e) with the left front arm swing outward to a position upward and a hand circle rear of shoulder outward, with the right front small arm circle inward and a hand circle inward rear of hip 9! 10!
- f) with the left front arm swing outward rear of body and a hand circle outward rear of hip—with right front arm swing inward to a position upward and hand circle inward rear of shoulder 11! 12!
- g) repeat e) f) to starting position 13-16!
2. a) Double front arm swing to the right to a position sidew. left and: with the right front  $\frac{1}{2}$  arm circle to a position sideward, with the left swing over to a position sidew. right 1! 2!
- b) double front  $\frac{1}{2}$  arm circle to a position sidew. left and: with the right swing over to a position sideward, with the left front  $\frac{1}{2}$  arm circle to a position sidew. right 3! 4!
- c) double front arm swing downward to a position upward and double hand circle rear of shoulders to the right 5! 6!

- d) double front arm swing to the right (with the r. rear of body) and double hand circle rear of hips to the right 7! 8!
- e) with the right front arm swing outward to a position upward and a hand circle rear of shoulder outward—with the left front small arm circle inward and hand circle inward rear of hip 9! 10!
- f) with the right front arm swing outward rear of body and a hand circle outward rear of hip—with the left front arm swing inward to a position upward and a hand circle inward rear of shoulder 11! 12!
- g) h) repeat e) f) to starting pos. 13-16!
- Repeat 1. from a) to h) 1-16!
- Repeat 2. from a) to h) 1-16!



(45.)

### Leg and trunk ex.

1) Extend arms upw. 1-2! lower trunk forw. and stand clubs on the floor 3-4! raise the trunk, arms upw. 5-6! place hands on hips and take a short step backw. 7-8! bend knees 1-2! kneel 3-4! return to bent knee stand 5-6! stretch the knees 7-8!

2) stride forw. left 1! turn trunk to the left 2! return trunk 3! bend trunk forw. 4! straighten 5! turn to the left 6! return 7! replace left foot 8! repeat contrarywise 1-8!

- 3) repeat 2) bending backward.
- 4) repeat 2) bending sidew. left, then right.
- 5) bend knees slowly 1-4! stretch 5-8! repeat 1-8!
- 6) bend knees 1-2! kneel 3-4! return to bent knee stand 5-6! stretch the knees 7-8! extend arms upw. and take a step forw. 1-2! lower trunk forw. and grasp the clubs 3-4! raise the trunk, arms upw. 5-6! bend arms, clubs to start pos. 7-8!

### Club swinging.

- 3. a) Double front arm swing outward to a crossed position in

- front, (l. above the right) and: with the left swing over to a position sideward, with the right front  $\frac{1}{2}$  arm circle to a pos. sideward 1! 2!
- b) double front  $\frac{1}{2}$  arm circle to a crossed pos. in front (r. above the left) and: with the left front  $\frac{1}{2}$  arm circle to a pos. sideward—with the right swing over to a position sideward 3! 4!
- c) double front arm swing downward and to a position upward and double hand circle outward rear of shoulders 5! 6!
- d) double front arm swing outward rear of body and double hand circle outward rear of hips 7! 8!
- e) with the left front arm swing outward to a position upward and a hand circle outward rear of shoulder—with the right front arm swing outward rear of body and a hand circle outward rear of hip 9! 10!
- f) with the left front arm swing outward rear of body and a hand circle outward rear of hip—with the right front arm swing outward to a position upward and a hand circle outward rear of shoulder 11! 12!
- g) h) repeat e) f) to starting position 13–16!
4. a) Double front arm swing inward to a position sideward and: with the right swing over to a position sideward left—with the left front  $\frac{1}{2}$  arm circle to a position sideward right (arms crossed) 1! 2!
- b) double front  $\frac{1}{2}$  arm circle to a position sideward and: with the right front  $\frac{1}{2}$  arm circle to a pos. sideward left, with the left swing over to a position sideward right (arms crossed) 3! 4!
- c) double front arm swing downward to a pos. upward and double hand circle inward rear of shoulders 5! 6!
- d) double front arm swing inward and double hand circle inward rear of hips 7! 8!
- e) with the right front arm swing inward to a position upward and a hand circle inward rear of shoulder—with the left front small arm circle inward and a hand circle inward rear of hip 9! 10!
- f) with the right front arm swing inward and a hand circle inward rear of hip—with the left front arm swing inward to a position upward and a hand circle inward rear of shoulder 11! 12!



- |                          |        |
|--------------------------|--------|
| g) h) repeat e) f)       | 13-16! |
| Repeat 3. from a) to h)  | 1-16!  |
| Repeat 4. from a) to h)  | 1-16!  |
| Repeat leg and trunk ex. |        |

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## V.

(Front  $\frac{1}{2}$  arm circles with swing over. Similar and dissimilar front upper hand circles and hand circles rear of opposite shoulder. Lunging and trunk bending as linked ex.)

Starting pos. for club swinging: Arms bent, clubs in perpendicular position front of shoulders. For leg and trunk ex: Hands on hips.

### C l u b   s w i n g i n g .

1. a) Double front arm swing to the left—with the left in rear height of hips, with the right to a position sideward, with the left  $\frac{1}{2}$  arm circle to a position sideward, with the right swing over to a position sidew. left 1! 2!
  - b) with the left swing over to a position sidew. right, with the right front  $\frac{1}{2}$  arm circle to a position sideward and double front  $\frac{1}{2}$  arm circle to a position sidew. left 3! 4!
  - c) double front arm swing downward and to a position upward and double hand circle rear of left shoulder to the left 5! 6!
  - d) double front large arm circle to the left and double hand circle to the left rear of right shoulder 7! 8!
  - e) f) repeat c) d) 9-12!
  - g) double front large arm circle to the left and double front upper hand circle to the left 13! 14!
  - h) double front arm swing to the left to start. pos. 15! 16!
2. a) Double front arm swing to the left to a position upward and: with the left front upper hand circle outward, with the right hand circle outward rear of left shoulder (Fig. 44.) 1! 2!
  - b) front double arm circle to the left and repeat hand circles a) 3! 4!
  - c) front double large arm circle to the left, and: with the left

- hand circle inward rear of right shoulder, with the right front upper hand circle inward 5! 6!
- d) repeat c) 7! 8!
- e) f) g) repeat a) b) c) 9-14!
- h) double front arm swing to the l. to start. pos. 15-16!
3. a) Double front arm swing to the right, with the right rear of body height of hips, and with the left to a pos. sideward; with the right  $\frac{1}{2}$  arm circle to a position sideward and with the left swing over to a position sidew. right 1! 2!
- b) with the right swing over to a position sidew. left, with the left front  $\frac{1}{2}$  arm circle to a pos. sideward, and front double  $\frac{1}{2}$  arm circle to a position sidew. right 3! 4!
- c) double front and swing downward to a position upward and double hand circle rear of right shoulder to the right 5! 6!
- d) double front large arm circle to the right and double hand circle to the right rear of left shoulder 7! 8!
- e) f) repeat c) d) 9-12!
- g) double front arm circle to the right and double front upper hand circle to the right 13! 14!
- h) double front arm swing to the right to start. pos. 15! 16!
4. a) Double front arm swing to the right to a position upward and: with the right front upper hand circle outward, with the left hand circle outward rear of right shoulder 1! 2!
- b) front double arm circle to the right and repeat hand circles a) 3! 4!
- c) front double large arm circle to the right, and: with the right hand circle inward rear of left shoulder, with the left front upper hand circle inward 5! 6!
- d) repeat c) 7! 8!
- e) f) repeat a) b) 9-12!
- g) repeat c) 13! 14!
- h) double arm swing to the right to start. pos. 15! 16!

### Leg and trunk ex.

- 1) Extend arms upw. 1-2! lower trunk forw. and stand the clubs on the floor 3-4! raise the trunk, arms upw. 5-6! hands on hips 7-8! Two side-steps left (r.) 1-4! remain 5-8!
- 2) lunge forew. left 1-2! replace left foot and bend trunk

forw. 3-4! straighten trunk and lunge forw. l. 5-6! position 7-8! Repeat lunging right 1-8!

3) lunge backw. left 1-2! replace left and bend the trunk backw. 3-4! straighten trunk and lunge backw. left 5-6! position 7-8! repeat lunge right 1-8!

4) lunge sidew. left 1-2! replace l. and bend the trunk sidew. left 3-4! straighten trunk and lunge sidew. l. 5-6! position 7-8! repeat to the right 1-8!

5) 2 steps sidew. r. (l.) 1-4! remain 5-8! raise arms upw. 1-2! lower trunk forw. and grasp the clubs 3-4! raise trunk arms upw. 5-6! clubs to starting pos. 7-8!

Repeat clubs swinging but in groups 2. and 4. ex. a) b) instead of repeating twice the same ex., alternate a) with c), 2 counts each.

Repeat leg and trunk ex. beginning with the trunk bending.

## VI.

(Front arm swings and  $\frac{1}{2}$  arm circles with strides, turns and knee bending—flank and front hand circles with trunk bending. Similar and dissimilar hand circles rear of opposite shoulder and rear of hips.)

Starting position: Arms bent, clubs in perpendicular position front of shoulders.

1. a) Stride sidew. left,  $\frac{1}{4}$  turn to the left and stride backward right—with a double front arm swing to the left to a position forward (after the turn) and tip the clubs on the forearms  
1! 2!
- b)  $\frac{1}{2}$  turn to the right, close left foot to the right and bend the knees—with a double flank  $\frac{1}{2}$  arm circle forward pass the right side to a position forward (after the turn) and tip the clubs on the forearms  
3! 4!
- c) stretch the knees (5!) and bend the trunk forward (6!) with a double flank hand circle forward outside the arms (5!) and double flank  $\frac{1}{2}$  arm circle to a position backward (6!)  
5! 6!
- d) straighten the trunk (7!) and bend backward (8!) with a

flank  $\frac{1}{2}$  arm circle to a position forw., double flank hand circle backward outside the arms (7!) and swing the clubs downward rear of shoulders (8!) 7! 8!

- e) straighten the trunk and stride backward left (9!) make  $\frac{1}{2}$  turn to the left (10!) with a double flank  $\frac{1}{2}$  arm circle pass the l. side (9!) to a position forward (after the turn) and tip the clubs on the forearms (10!) 9! 10!
- f) stride forw. right (11!) with a  $\frac{1}{4}$  turn to the left, close with the left and bend the knees (12!) with a double flank  $\frac{1}{2}$  arm circle forw. pass the left side to a position sidw. left (11!) (after the turn) and tip the clubs on the forearms (12!) 11! 12!

- g) stretch the knees (13!) and bend the trunk sidw. left (14!) with a double front arm swing downward, double front low hand circle to the left (13!) to a position sidw. right (14!) 13! 14!
- h) straighten trunk (15!) and bend sideward right (16!)—with a double front arm swing downward, double front low hand circle to the right (15!) to a position sidw. left (16!) 15! 16!



(46.)

2. a) Straighten trunk with a double front arm swing downward to a position upward and double hand circle to the left rear of left shoulder 1! 2!
- b) double front arm swing to the left—with the left rear of body—and double hand circle to the left rear of hips 3! 4!
- c) double front large arm circle to the left and double hand circle to the left rear of right shoulder 5! 6!
- d) repeat b) 7! 8!
- e) with the left: front arm swing outward rear of body and a hand circle outward rear of hip—with the right: front large arm circle inward and hand circle outward rear of left shoulder 9! 10!
- f) with the left: front large arm circle outward and a hand circle inward rear of right shoulder—with the right: front

- arm swing inward and a hand circle inward rear of hip  
11! 12!
- g) double front arm swing to the left to a position upward  
and double front upper hand circle to the left 13! 14!
- h) double front arm swing to the left to starting pos. 15! 16!
3. a) Stride sidew. right,  $\frac{1}{4}$  turn to the right and stride backward  
left—with a double front arm swing to the right to a position  
forward (after the turn) and tip clubs on the forearms  
1! 2!
- b)  $\frac{1}{2}$  turn to the left, close r. foot to the l. and bend the knees  
—with a double flank  $\frac{1}{2}$  arm circle forw. pass the left side to  
a position forward (after the turn) and tip clubs on the  
forearms 3! 4!
- c) stretch the knees and bend trunk forward, with a double  
flank hand circle forward outside the arms and double flank  
 $\frac{1}{2}$  arm circle to a position backward 5! 6!
- d) straighten the trunk and bend backward, with a flank  $\frac{1}{2}$   
arm circle to a position forw., double flank hand circle out-  
side the arms backward and swing the clubs downward rear  
of shoulders 7! 8!
- e) straighten the trunk, stride backw. r. and make  $\frac{1}{2}$  turn  
to the right—with a double flank  $\frac{1}{2}$  arm circle forw. pass  
the right side to a position forw. (after the turn) and tip the  
clubs on the forearms 9! 10!
- f) stride forw. left with a  $\frac{1}{4}$  turn to the right, close with  
the right and bend the knees—with double flank  $\frac{1}{2}$  arm  
circle pass the r. side to a position sidew. right and tip clubs  
on the forearms 11! 12!
- g) stretch the knees and bend trunk sidew. right, with a double  
front arm swing downward, double front low hand circle to  
the right to a position sidew. left 13! 14!
- h) straighten trunk and bend sidew. left—with double front  
arm swing downward, double front low hand circle to the  
left to a position sidew. right 15! 16!
4. a) Straighten trunk with a double front arm swing downward  
to a position upward and double hand circle to the right  
rear of right shoulder 1! 2!
- double front arm swing to the right—right rear of body—  
and double hand circle to the right rear of hips 3! 4!

- c) double front large arm circle to the right and double hand circle to the right rear of left shoulder 5! 6!  
 d) repeat b) 7! 8!  
 e) with the right: front arm swing outward rear of body and hand circle outward rear of hip—with the left: front large arm circle inward and a hand circle outward rear of right shoulder 9! 10!  
 f) with the right: front large arm circle outward and a hand circle inward rear of left shoulder—with the left: front arm swing inward and a hand circle inward rear of hip 11! 12!  
 g) double front arm swing to the right to a position upward and double front upper hand circle to the right 13! 14!  
 h) double front arm swing to the right to starting pos. 15! 16!  
 Repeat 1. 2. 3. and 4



(47.)

## VII.

(Combinations of preparatory exercises for alternate hand and arm circles. Trunk and leg ex.)

Starting position for club swinging: arms at sides, clubs downward. For leg and trunk ex.: Arms bent in rear inward.

## Club swinging.

1. a) Stride sidw. left and bend (clubs to perpendicular pos. front of shoulders) and extend arms to position upw. 1! 2!  
 (Note: the foot remains in side-stride pos. to 15th count.)

- b) front double large arm circle to the left (quickly) twice  
3! 4!
  - c) with the left: hand circle rear of shoulder outward twice—  
with the right: front large arm circle inward twice 5! 6!
  - d) with the left: front large arm circle outward twice—with  
the right: hand circle rear of shoulder inward twice 7! 8!
  - e) repeat b) 9! 10!
  - f) with the left: hand circle rear of shoulder, and front large  
arm circle outward—with the right: front large arm circle  
and hand circle rear of shoulder inward 11! 12!
  - g) repeat b) 13! 14!
  - h) bend arms (15!) lower clubs and replace l. foot 15! 16!
- 2.
- a) stride sidew. right (remain to 15th count), bend and extend  
arms upward 1! 2!
  - b) double front large arm circle (quickly) to the right 3! 4!
  - c) with the right: hand circle rear of shoulder twice outward  
with the left: front large arm circle twice inw. 5! 6!
  - d) with the right: front large arm circle outward twice—  
with the left: hand circle rear of shoulder twice inward  
7! 8!
  - e) repeat b) 9! 10!
  - f) with the right: hand circle rear of shoulder and a front large  
arm circle outward—with the left: front large arm circle  
and hand circle rear of shoulder inward 11! 12!
  - g) repeat b) 13! 14!
  - h) bend arms, lower clubs and replace r. foot 15! 16!
- 3.
- a) Stride sidew. left (remain to 15th count), bend and extend  
arms upward 1! 2!
  - b) double front large arm circle outward twice 3! 4!
  - c) with the left: hand circle rear of shoulder twice outward—  
with the right front large arm circle twice outward 5! 6!
  - d) with the left front large arm circle twice outward—with the  
right: hand circle rear of shoulder twice outward 7! 8!
  - e) repeat b) 9! 10!
  - f) with the left: hand circle rear of shoulder and a front large  
arm circle outward—with the right: front large arm circle  
and a hand circle rear of shoulder outward 11! 12!
  - g) repeat b) 13! 14!
  - h) bend arms, lower clubs and replace l. foot 15! 16!

4. a) Stride sidew. right (remain to 15th count), bend and extend arms upward 11 21
- b) front double large arm circle inward twice 31 41
- c) with the left: hand circle rear of shoulder inward twice—  
with the right: front large arm circle inward twice 51 61
- d) with the left: front large arm circle inward twice—with the  
right: hand circle rear of shoulder inward twice 71 81
- e) repeat b) 91 101
- f) with the left: hand circle rear of shoulder and front large  
arm circle inward—with the right: front large arm circle  
and hand circle rear of shoulder inward 111 121
- g) repeat b) 131 141
- h) bend (151) and move arms in rear inward and replace r. foot  
(see Fig. 41.) 151 161

#### T r u n k   a n d   l e g   e x .

- 1) rise on toes and bend trunk forw. 1! straighten trunk  
and lower heels 2! repeat 3! 4! raise l. leg forw. and raise r.  
heel 5! position 6! raise r. leg and l. heel 7! position 8!
  - 2) repeat 1) bending trunk backw. and raising leg backward.
  - 3) repeat 1) bending trunk to the left twice; raise l. and r.  
leg sidew.
  - 4) repeat 3) bending trunk sidew. right twice, raise r.  
and l. leg sidew.
- Repeat club swinging 1. 2. 3. 4 and repeat trunk and leg ex.

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(Note: In these preparatory ex. be sure that the pupils finish the hand circle simultaneously with the large arm circle—in one count. Swing all the large arm circles in “quick tempo,” one count for one circle.)

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## VIII.

(Front  $\frac{1}{2}$  arm circles alternating with small arm and hand circles rear of shoulder. Strides with turns, kneeling and trunk bending.)

Starting pos. for club swinging: arms bent, clubs in perpendicular pos. front of shoulders. For leg and trunk ex.: arms bent backw. inward.

## Club swinging.



(48.)

1. a) With the left: front small arm circle and a hand circle rear of shoulder outward; with the right: front arm swing inward to a position sideward and a front  $\frac{1}{2}$  arm circle to a position sidew. left 1! 2!

- b) with the left repeat a) —with the right: front  $\frac{1}{2}$  arm circles: to a position sidew. and to a position sidew. left 3! 4!

- c) d) with the left: repeat a) and b); with the right: front arm swing inward to a position upward and a large arm circle (quickly) inward 3 times 5-8!

- e) with the left: front arm swing outward to a position sidew. right and front  $\frac{1}{2}$  arm circle to a position sideward—with the right: front arm circle and a hand circle rear of shoulder inward 9! 10!

- f) with the left front  $\frac{1}{2}$  arm circle to a position sidew. right and to a position sideward—with the right repeat e) 11! 12!

- g) with the left: front arm swing downward to a position upward and a front large arm circle outward—with the right repeat e) 13! 14!

- h) double front arm swing to the left to starting pos. 15! 16!
2. a) With the right: front small arm circle and a hand circle rear of shoulder outward: with the left: front arm swing inward to a position sideward, and front  $\frac{1}{2}$  arm circle to a position sidew. right 1! 2!
- b) with the right repeat a)—with the left: front  $\frac{1}{2}$  arm circles to a position sideward and to a position sidew. right 3! 4!
- c) d) with the right: repeat a) and b)—with the left: front arm swing inward to a position upward and a front large arm circle (quickly) inward 3 times 5-8!
- e) with the right: front arm swing outward to a position sidew. left and front  $\frac{1}{2}$  arm circle to a position sideward—with the left: front arm circle and hand circle rear of shoulder inward 9! 10!
- f) with the right: front  $\frac{1}{2}$  arm circles to a position sidew. left and to a position sideward—with the left repeat e) 11! 12!
- g) with the right: front arm swing downward to a position upward and a front large arm circle outward:—with the left repeat e) 13! 14!
- h) double front arm swing to the right to start. pos. 15! 16!
- Repeat 1. from a) to 'h) 1-16!
- Repeat 2. from a) to h) and on the last count bend arms backw. inward (see Fig. 41.) 1-16!

### Leg and trunk ex.

1) Stride sideward left 1-2! on the l. foot  $\frac{1}{4}$  turn left and stride forw. right 3-4!  $\frac{1}{2}$  turn to the left and kneel on the r. knee 5-6! stretch the knees 7-8! bend trunk forw. 9-10! straighten 11-12! bend backw. 13-14! straighten 15-16!

2)  $\frac{1}{2}$  turn to the right 1-2! stride backw. right 3-4!  $\frac{1}{4}$  turn right, close with the left and bend knees 5-6! stretch knees 7-8! bend trunk sidew. right 9-10! straighten 11-12! to the left 13-14! straighten 15-16!

3) Stride sidew. right 1-2!  $\frac{1}{4}$  turn to the right and stride

forw. left 3-4!  $\frac{1}{2}$  turn right and kneel on the left knee 5-6!  
stretch the knees 7-8! bend trunk forw. 9-10! straighten  
11-12! backward 13-14! straighten 15-16!

4)  $\frac{1}{2}$  turn to the left 1-2! stride backw. with the left 3-4!  
 $\frac{1}{4}$  turn left, close with the right and bend the knees 5-6! stretch  
the knees 7-8! bend trunk sidw. left 9-10! straighten  
11-12! sidw. right 13-14! straighten 15-16!

Repeat 1) 2) 3) 4), each movement one count.  
and on the last count raise clubs to start. pos.

(These are preparatory ex. for the next lesson, where the same  
ex. are combined with the club ex. Be sure that the pupils master  
them well, before attempting lesson IX.)

### Club swinging.

3. a) With the left: front small arm circle and hand circle rear of  
shoulder outward—with the right: front arm swing out-  
ward to a position sidw. left and front  $\frac{1}{2}$  arm circle to a  
position sideward 1! 2!  
(Note: On first count, when arms are in a crossed pos. in  
front, left is in front of right.)
- b) with the left repeat a)—with the right front  $\frac{1}{2}$  arm circle  
to a position sidw. left and to a position sideward 3! 4!
- c) d) with the left repeat a) and b)—with the right:  
front arm swing outward to a position upward and front  
large arm circle 3 times outward 5-8!
- e) with the left front arm swing outward to a position sidw.  
right and front  $\frac{1}{2}$  arm circle to a pos. sideward—with the  
right: front small arm circle (in front of left) and a hand  
circle rear of shoulder outward 9! 10!
- f) with the left front  $\frac{1}{2}$  circles to a position sidw. right and to  
a position sideward—with the right repeat e) 11! 12!
- g) with the left: front arm swing downward to a position  
upward and a front large arm circle outward—with the  
right repeat e) 13! 14!
- h) double front arm swing outward to starting pos. 15! 16!
4. a) with the right: small front small arm circle and a hand circle  
rear of shoulder inward—with the left: front arm swing

- inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. right 11! 2!
- b) with the right repeat a)—with the left: front  $\frac{1}{2}$  arm circles: to a position sideward and to a position sidew. right 3! 4!
- c) d) with the right repeat a) and b)—with the left: front arm swing inward to a position upward and front large arm circle inward 3 times 5-8!
- e) with the right: front arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. left—with the left: front arm circle and a hand circle rear of shoulder inward 9! 10!
- f) with the right: front  $\frac{1}{2}$  arm circles: to a position sideward and to a position sidew. left: — with the left repeat e) 11! 12!
- g) with the right: front arm swing downward to a pos. upward and a front large arm circle inward—with the left repeat e) 13! 14!
- h) double front arm swing inward to start. position 15! 16!
- Repeat 3. from a) to h) 1-16!
- Repeat 4. from a) to h) 1-16!
- Repeat leg and trunk ex.



(49.)

## IX.

(Front and flank arm swings and  $\frac{1}{2}$  arm circles with turns and knee bending; flank and front hand circles with trunk bending. Flank and front arm and hand circles—the same as alternate arm and hand circles.)

Starting position. Arms bent, clubs in perpendicular position front of shoulders.

1. a) Stride sidew. left—make a  $\frac{1}{4}$  turn to the left and stride forward right—with a front double arm swing to the right to a position forward (after the  $\frac{1}{4}$  turn) and tip clubs on the forearms (Fig. 45.) 1! 2!
- b)  $\frac{1}{2}$  turn to the left and kneel on the r. knee—with a double flank  $\frac{1}{2}$  arm circle forw. pass the left side to a position forward and tip clubs on the forearms (Fig. 46.) 3! 4!
- c) straighten knees (5!) and bend trunk forward (6!)—with a double flank hand circle forward outside the arms (5!) and flank  $\frac{1}{2}$  arm circle to a position backward (6!) (Fig. 47.) 5! 6!
- d) straighten trunk (7!) and bend backward (8!)—with a flank  $\frac{1}{2}$  arm circle to a position forward, flank hand circle outside the arms backward (7!) and swing clubs rear of shoulders downward (8!)—elbows sidew., hands close to shoulders—(Fig. 48.) 7! 8!
- e) f) straighten trunk (9!) and swing double flank large arm circle forward pass the right side three times (quickly) and double flank hand circle forward outside the arms once 9–12!
- g) h) double flank large arm circle forward pass the r. side once, and double hand circle forw. outside the arms three times 13–16!
2. a)  $\frac{1}{2}$  turn to the right—with a double flank arm swing forward pass the r. side to a position forw. and tip the clubs on the forearms (See Fig. 45.) 1! 2!
- b) stride backward right (3!) with a  $\frac{1}{4}$  turn right close with the left and bend the knees (4!) with a double flank  $\frac{1}{2}$  arm circle forw. pass the r. side to a position sidew. right (3!) and tip clubs on the forearms (4!) 3! 4!
- c) stretch the knees (5!) and bend trunk sidew. right (6!) with a double front arm swing downward, double front low

- hand circle to the right (5!) to a position sidew. left (6!)  
5! 6!
- d) straighten trunk (7!) and bend to the left (8!) with a double front arm swing downward, double front low hand circle to the left (7!) to a position sidew. right (8!) (Fig. 49.) 7! 8!
- e) f) straighten trunk with a double front large arm circle to the right (quickly) 3 times and double hand circle rear of shoulders once 9-12!
- g) h) front double large arm circle to the right once—double hand circle rear of shoulders to the right twice and bend arms to start. pos. 13!16!
3. a) Stride sidew. right, make a  $\frac{1}{4}$  turn to the r. and stride forw. left—with a double front arm swing to the left to a position forw. (after the turn) and tip clubs on the forearms 1! 2!
- b)  $\frac{1}{2}$  turn to the right and kneel on the l. knee—with a double flank  $\frac{1}{2}$  arm circle forw. pass the right side to a position forward (after the  $\frac{1}{2}$  turn) and tip the clubs on the forearms 3! 4!
- c) straighten knees and bend the trunk forward, with a double flank hand circle forward outside the arms and a double flank  $\frac{1}{2}$  arm circle to a position backward 5! 6!
- d) straighten trunk and bend backward—with a double flank  $\frac{1}{2}$  arm circle to a pos. forward, double flank hand circle outside the arms backward and swing the clubs rear of shoulders downward 7! 8!
- e) f) straighten trunk and swing double flank large arm circle forward pass the left side 3 times, and double flank hand circle forward outside the arms once 9-12!
- g) h) double flank large arm circle forward pass the left side once—and double flank hand circle forward outside the arms three times 13-16!
4. a)  $\frac{1}{2}$  turn to the left—with a double flank arm swing forward pass the l. side to a position forward (after the turn) and tip clubs on the forearms 1! 2!
- b) stride backward left, make a  $\frac{1}{4}$  turn to the left, close with the right and bend the knees—with a double flank  $\frac{1}{2}$  arm circle forw. pass the l. side to a position sidew. left and tip clubs on the forearms 3! 4!

- c) stretch the knees and bend trunk sidew. left, with a double front arm swing downward, double front low hand circle to the left to a position sidew. right (See Fig. 49.) 5! 6!
- d) straighten trunk and bend to the right—with a double front arm swing downward, front double front low hand circle to the right to a position sidew. left 7! 8!
- e) f) straighten trunk and swing front double large arm circle to the left three times and double hand circle rear of shoulders to the left once 9-12!
- g) h) front double large arm circle to the left once and double hand circle rear of shoulders to the left twice and bend arms to starting position 13-16!
- 5. a) b) c) d) repeat 1. a) b) c) d) 1-8!
- e) with the left: flank large arm circle forw. pass the right side and flank hand circle forward outside the left arm—with the right: flank large arm circle forward twice 9! 10!
- f) with the left: flank large arm circle forward pass the right side twice, with the right flank large arm circle forward and flank hand circle forward outside the r. arm 11! 12!
- g) repeat e) 13! 14!
- h) repeat f) 15! 16!
- 6. a) b) c) d) repeat 2. a) b) c) d) 1-8!
- e) with the left: front arm swing downward and to position upward and a hand circle inward rear of shoulder—with the right: front arm swing downward to a position upward and a front large arm circle outward 9! 10!
- f) with the left: front large arm circle inward twice—with the right: front large arm circle outward and a hand circle outward rear of shoulder 11! 12!
- g) repeat e) 13! 14!
- h) double front arm swing to the r. to starting pos. 15! 16!
- 7. a) b) c) d) repeat 3. a) b) c) d) 1-8!
- e) with the right: flank large arm circle forw. pass the left side and a flank hand circle forward outside the r. arm—with the left: flank large arm circle forward twice 9-10!
- f) with the right: flank large arm circle forward pass the left side twice—with the left flank large arm circle forward and a flank hand circle forward outside the arm 11! 12!

- g) repeat e) 13! 14!  
 h) repeat f) 15! 16!
8. a) b) c) d) repeat 2. a) b) c) d) 1-8!  
 e) with the right: front arm swing downward to a position upward and a hand circle inward rear of shoulder—with the left: front arm swing downward to a position upward and front large arm circle outward 9! 10!  
 f) with the right: front large arm circle inward twice—with the left front large arm circle outward and hand circle outward rear of shoulder 11! 12!  
 g) repeat e) 13! 14!  
 h) double arm swing to the left to starting position 15! 16!

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(Note: Teacher may divide this lesson in two parts e. i. — 1, 2, 3 and 4—first part, and 5, 6, 7 and 8—second part—but if the pupils master the first half and are able to swing alternate arm and hand circles, they will not experience any difficulty with any of the group contained in this lesson.)

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## X.

(Front large arm and hand circles rear of shoulders as alternate ex. in one count. Same with upper hand circles. Front large arm and hand circles rear of hips as alternate ex. in two counts. Trunk ex. and jumping.)

Starting position for clubs swinging: arms at sides, clubs hanging downward. For jumping ex. and trunk bending: arms at sides.

### Club swinging.

1. a) Bend arms (clubs to perpendicular position) and extend upward 1! 2!  
 b) with the left: hand circle rear of shoulder and front large arm circle (quickly) outward—with the right: front large arm circle (quickly) and hand circle rear of shoulder inward 3! 4!  
 c) d) repeat b) twice 5-8!



- e) with the left: front arm swing outward rear of body and hand circle outward rear of hip—with the right: front large arm circle (quickly) inward twice 9! 10!
- f) with the left: front large arm circle outward twice—with the right front arm swing inward and a hand circle inward rear of hip (to pos.) upward 11! 12!

g) repeat b) to a position upward 13! 14!

h) bend arms and lower to start. pos. 15! 16!

2. a) bend arms and extend upward 1! 2!

b) with the right: hand circle rear of shoulder and a front large arm circle outward—with the left: front large arm circle and a hand circle rear of shoulder inward 3! 4!

c) d) repeat b) twice 5-8!

e) with the right: front arm swing outward rear of body and a hand circle outward rear of hip—with the left: front large arm circle inward twice 9! 10!

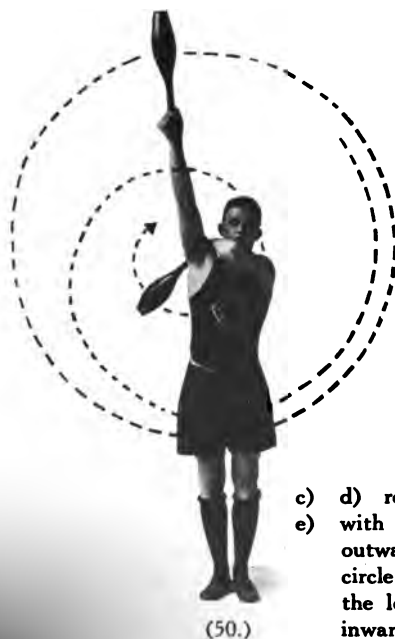
f) with the right: front large arm circle outward twice—with the left: front arm swing inward and a hand circle inward rear of hip to a position upward 11! 12!

repeat b) to position upward 13! 14!

bend arms and lower to start. pos. 15! 16!

bend arms and extend upward 1! 2!

with the left: hand circle rear of shoulder and front large



- arm circle outward—with the right: front large arm circle  
and a hand circle rear of shoulder outward 3! 4!
- c) d) repeat b) twice 5-8!
- e) with the left: front arm swing outward rear of body and  
a hand circle outward rear of hip—with the right: front  
large arm circle outward twice 9! 10!
- f) with the left: front large arm circle outward twice; with the  
right: front arm swing outward rear of body and a hand  
circle outward rear of hip to a position upward 11! 12!
- g) repeat b) to a position upward 13! 14!
- h) bend arms and lower to start. pos. 15! 16!
4. a) bend arms and extend upward 1! 2!
- b) with the right: hand circle rear of shoulder and front large  
arm circle inward—with the left: front large arm circle and  
a hand circle rear of shoulder inward 3! 4!
- c) d) repeat b) twice 5-8!
- e) with the right front arm swing inward and a hand circle  
inward rear of hip—with the left: front arm large arm circle  
inward twice 9! 10!
- f) with the right: front large arm circle inward twice—with  
the left: front arm swing inward and a hand circle inward  
rear of hip to a pos. upw. 11! 12!
- g) repeat b) to a pos. upw. 13! 14!
- h) bend arm and lower to start. pos. 15! 16!

### Jumping and trunk ex.

1) Raise arms side-upw. 1-2! lower trunk forw. and stand  
the clubs on the floor 3-4! raise trunk, arms upw. 5-6! lower  
arms side downward 7-8! With 4 steps in place  $\frac{1}{4}$  turn l. (r.)  
and 4 steps in place 5-8!

2) raise arms backw. and take 2 steps forw. (l. r.) 1! 2!  
step forw. l. and jump forw. from the l. foot 3! land in deep knee-  
bending position, (squat stand)—arms in position obliquely side-  
upward, palms upw. and immediately after landing stretch the knees  
and lower arms 4! with 4 steps in place  $\frac{1}{2}$  turn to the left 5-8!  
and repeat 1-8!

3) raise arms side-upward 1-2! bend trunk forw. and lower  
arms forw. 3-4! straighten trunk, arms upw. 5-6! lower arms

7-8! raise arms fore-upward 1-2! bend trunk backward and lower arms to a position sideward, palms upw. 3-4! straighten trunk arms upw. 5-6! lower arms frontways 7-8!

4) repeat 2) starting with the r. foot, jump from the r. foot and make  $\frac{1}{2}$  turn to the right 1-16!

5) raise arms sidew. left 1-2! with a  $\frac{1}{2}$  circle upward move arms to position sidew. right and bend trunk sidew. left 5-6! straighten trunk and move arms to sidew. pos. left 5-6! lower arms 7-8! repeat contrarywise 1-8!

6) with 4 steps in place  $\frac{1}{4}$  turn r. (1.) 4 steps in place 5-8! raise arms side-upw. 1-2! lower trunk forw. and grasp the clubs 3-4! straighten trunk and raise clubs to pos. upw. 5-6! lower clubs sidew. to start. pos. 7-8!

Repeat clubs swinging 1. 2. 3. 4. and substitute front upper hand circles for hand circles rear of shoulders.

## XI.

(Alternate arm and front upper hand circles—arm and hand circles rear of opposite shoulder. Trunk and knee-bending in toes stand.)

Starting position for clubs swinging: arms bent, clubs in perpendicular position front of shoulders. For trunk and knee bending: hands on hips.

### Club swinging.

1. a) With the left: front small arm circle outward and hand circle outward rear of shoulder—with the right: front arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. left 1! 2!
- b) with the left: front arm swing outward to a position sidew. right and front  $\frac{1}{2}$  arm circle to a position sideward—with the right: front arm swing downward to a position upward and hand circle inward rear of shoulder 3! 4!
- c) with the left: front arm swing downward to a position upward and front upper hand circle outward—with the

- right: front large arm circle inward (quickly) twice 5! 6!
- d) with the left: front large arm circle outward twice—with the right: front large arm circle inward and front upper hand circle inward 7! 8!
- e) with the left: front arm swing outward to a position sidew. right and front  $\frac{1}{2}$  arm circle to a position sideward—with the right: front large arm circle inward and hand circle inward rear of shoulder 9! 10!
- f) with the left: front arm swing downward to a pos. upward and a hand circle outward rear of shoulder—with the right: front arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. left 11! 12!
- g) with the left: front large arm circle (quickly) outward twice—with the right: front arm swing downward to a position upward and front upper hand circle inward 13! 14!
- h) with the left: front large arm circle outward and front upper hand circle outward—with the right: front large arm circle inward twice (finish in the position upward) 15! 16!
2. a) From the upward position with the right: front large arm circle outward and hand circle outward rear of shoulder—with the left: front arm swing inward to a position sideward and front  $\frac{1}{2}$  arm circle to a position sidew. right 1! 2!
- b) with the right: front arm swing outw. to a position sidew. left and front  $\frac{1}{2}$  arm circle to a position sideward;—with the left: front arm swing downw. to a position upw. and a hand circle inw. rear of shoulder 3! 4!
- c) with the right: front arm swing downward to a position upward and front upper hand circle outward—with the left: front large arm circle inward twice 5! 6!
- d) with the right: front large arm circle outward twice—with the left: front large arm circle inward and front upper hand circle inward 7! 8!
- e) with the right: front arm swing outward to a position sidew. left and front  $\frac{1}{2}$  arm circle to a position sideward—with the left: front large arm circle inward and a hand circle inward rear of shoulder 9! 10!
- f) with the right: front arm swing downward to a position upward and a hand circle outward rear of shoulder—with the left front arm swing inward to a position sideward and

- a front  $\frac{1}{2}$  arm circle to a position sidew. right 11! 12!
- g) with the right: front large arm circle outward twice—  
with the left: front arm swing downward to a position  
upward and front upper hand circle inward 13! 14!
- h) with the right: front large arm circle outward and front  
upper hand circle outward—with the left: front large arm  
circle inward twice—(finish in a position upward) 15! 16!
3. a) b) repeat 1. a) b) 1-4!
- c) with the left: front arm swing downward to a position  
upward and a hand circle inward rear of right shoulder—  
with the right: front large arm circle inward twice (Fig. 50.)  
5! 6!
- d) with the left: front large arm circle outward twice—with  
the right: front large arm circle inward and a hand circle  
outward rear of left shoulder 7! 8!
- e) f) repeat 1. e) f) 9-12!
- g) with the left: front large arm circle outward twice—with  
the right: front arm swing downward to a position upward  
and hand circle outward rear of left shoulder 13! 14!
- h) with the left: front large arm circle outward and hand circle  
inward rear of right shoulder—with the right front large  
arm circle inward twice—(finish in a position upward)  
15! 16!
4. a) b) repeat 2. a) b) 1-4!
- c) with the right: front arm swing downward to a position  
upward and a hand circle inward rear of left shoulder—with  
the left front large arm circle inward twice 5! 6!
- d) with the right: front large arm circle outward twice—with  
the left: front large arm circle inward and a hand circle  
outward rear of right shoulder 9! 10!
- e) f) repeat 2. e) f) 9-12!
- g) with the right: front large arm circle outward twice—with  
the left: front arm swing downward to a position upward  
and a hand circle outward rear of right shoulder 13! 14!
- h) with the right: front arm circle outward and a hand circle  
inward rear of left shoulder—with the left: front large arm  
circle inward twice (to a position upward) 15! 16!

### Trunk and knee bending in toe stand.

(From the position upward lower club to a pos. sideward 1-2! lower trunk forw., move arms forward and stand clubs on the floor 3-4! raise the trunk, arms sidew. 5-6! place hands on hips 7-8! two steps sidew. left (r.) 1-4! remain in pos. 5-8!

2) Rise on toes 1! bend trunk sidew. left 2! straighten trunk 3! bend the knees 4! stretch the knees 5! bend trunk sidew. left 6! straighten 7! lower heels 8!

3) repeat 2) bending the trunk sidew. right.

4) repeat 2) bending the trunk forward.

5) repeat 2) bending the trunk backward.

(Note: Balance on toes from 1 to 7.)

6) 2 steps sidew. r. (1!) 1-4! remain 5-8! raise arms sidew. 1-2! lower trunk forw. move arms forw. and grasp the clubs 3-4! straighten trunk, arms sidew. 5-6! clubs in position for marching off 7-8!



(51.)

(Note: Call the attention of the pupils to the following: the club which begins with front small arm and rear shoulder hand circle, begins also with the front upper hand circle and a hand circle rear of opposite shoulder, and the club beginning with front  $\frac{1}{2}$  arm circles, begins with the large arm circles.)

## XII.

(Swing over with steps sidew. forw. and backw.—front  $\frac{1}{2}$  arm circles with knee-bending, front large arm circles with trunk bending, alternate rear shoulder and upper hand circles.)

Starting position: arms bent, clubs in perpendicular position front of shoulders.

1. a) Step sidew. left (1! 2!) with a double front arm swing to the left to a position sidew. right (1!) and: with the left: front  $\frac{1}{2}$  arm circle to a pos. sideward with the right: swing over to a position sidew. left (2!) 1! 2!
- b) step sidew. left, with front double  $\frac{1}{2}$  arm circle to a position sidew. right, and: with the left swing over to a position sideward, with the right: front  $\frac{1}{2}$  arm circle to a pos. sidew. left 3! 4!
- c) double front  $\frac{1}{2}$  arm circle to a position sidew. r., tip the clubs on the forearms and bend the knees 5! 6!
- d) stretch the knees, and bend again—with a front double front  $\frac{1}{2}$  arm circle to a position sidew. left and tip clubs on the forearms 7! 8!
- e) f) stretch the knees and repeat a) b) 9-12!
- g) front double arm swing downward, front double large arm circle to the left to a position sidew. right and bend the trunk sidew. left (Fig. 51.) 13! 14!
- h) straighten trunk with a double front arm swing downward, front double large arm circle to the right to a position sidew. left and bend the trunk sidew. right 15! 16!
2. a) Straighten trunk and: from the pos. sidew. with the left: hand circle rear of shoulder and a front large arm circle outward—with the right: front arm swing inward to a pos. upward and a hand circle rear of shoulder inward 1! 2!
- b) with the left: front upper hand circle and a front large arm circle outward—with the right: front large arm circle and front upper hand circle inward 3! 4!
- c) repeat b) 5! 6!
- d) front double large arm circle to the left (quickly) twice to pos. upward 7! 8!
- e) with the left: front upper hand circle and a large arm circle outward—with the right: front large arm circle and front

- upper hand circle inward 9! 10!
- f) with the left: hand circle rear of shoulder and front large arm circle outward—with the right: front large arm circle and a hand circle rear of shoulder inward 11! 12!
- g) repeat f) 13! 14!
- h) double front arm swing to the left to start. pos. 15! 16!
3. a) Step sidew. right—with a double front arm swing to the right to a position sidew. left and: with the right front  $\frac{1}{2}$  arm swing to a position sideward, with the left swing over to a position sidew. right 1! 2!
- b) step sidew. right, with a front double  $\frac{1}{2}$  arm circle to a position sidew. left, and: with the right swing over to a position sideward and with the left front  $\frac{1}{2}$  arm circle to a position sidew. right 3! 4!
- c) double front  $\frac{1}{2}$  arm circle to a position sidew. left, tip the clubs on the forearms and bend the knees 5! 6!
- d) stretch the knees and bend again—with a front double  $\frac{1}{2}$  arm circle to a position sidew. right and tip the clubs on the forearms 7! 8!
- e) f) stretch the knees and repeat a) b) 9-12!
- g) front double arm swing downward, and front double large arm circle to the right to a position sidew. left and bend the trunk sidew. right 13! 14!
- h) straighten trunk—with a double front arm swing downward, front double large arm circle to the left to a position sidew. right and bend the trunk sidew. left (See Fig. 51.) 15! 16!
4. a) straighten trunk, and with the right: from a position sidew. swing hand circle rear of shoulder and a front large arm circle outward—with the left: front arm swing inward to a position upward and a hand circle rear of shoulder inward 1! 2!
- b) with the right: front upper hand circle and front large arm circle outward—with the left: front large arm circle and front upper hand circle inward 3! 4!
- c) repeat b) 5! 6!
- d) front double large arm circle to the right (quickly) twice 7! 8!
- e) with the right: front upper hand circle and a large arm circle outward—with the left: front large arm circle and



- front upper hand circle inward 9! 10!
- f) with the right: hand circle rear of shoulder and front large arm circle outward—with the left: front large arm circle and a hand circle rear of shoulder inward 11! 12!
- g) repeat f) 13! 14!
- h) double front arm swing to the right to start. pos. 15! 16!
5. a) Follow step forward left (step l. close with r.) with a double front arm swing outward to a crossed position in front (l. above the right) and with the left: swing over to a position sideward, with the right: front  $\frac{1}{2}$  arm circle to a position sideward 1! 2!
- b) follow step forw. right—with a double front  $\frac{1}{2}$  arm circle to a crossed position in front (r. above) and with the left: front  $\frac{1}{2}$  arm circle to a position sideward, with the right: swing over to a position sideward 3! 4!
- c) double front  $\frac{1}{2}$  arm circle to a position arms bent in front inward, tip the clubs on the forearms and bend the knees (see Fig. 43.) 5! 6!
- d) stretch the knees and bend again—with a front double  $\frac{1}{2}$  arm circle to a position sideward and tip the clubs on the forearms 7! 8!
- e) f) stretch the knees and repeat a) b) 9–12!
- g) double front arm swing downward, double front large arm circle outward to a crossed position in front and bend the trunk forward (Fig. 52.) 13! 14!
- h) straighten trunk, with a double front arm swing downward—front large arm circle inward to a position sideward and bend the trunk backward (Fig. 53.) 15! 16!
6. a) Straighten trunk and with the left: from sidew. position



(52.)

hand circle rear of shoulder and front large arm circle outward; with the right: front arm swing downward to a position upward and a hand circle rear of shoulder outward

1! 2!

- b) with the left: front upper hand circle and front large arm circle outward—with the right: front large arm circle and front upper hand circle outward

3! 4!

- c) repeat b)

5! 6!

- d) front double large arm circle outward twice

7! 8!

- e) with the left: front upper hand circle and a large arm circle



(53.)

outward—with the right: front large arm circle and front upper hand circle outward

9! 10!

- f) with the left: hand circle rear of shoulder and a front large arm circle outward—with the right: front large arm circle outward and a hand circle rear of shoulder outward

11! 12!

- g) repeat f)

13! 14!

- h) double front arm swing outward to start. pos.

15! 16!

7. a) Follow step backward right—with a double front arm swing inward to a position sideward and with the right: swing over to a position inward, with the left: front  $\frac{1}{2}$  arm circle to a pos. inw. (crossed position in front)

1! 2!

- b) follow step backw. left—with a double front  $\frac{1}{2}$  arm circle to a position sideward, and with the right: front  $\frac{1}{2}$  arm circle to a pos. inward, with the left: swing over to a pos. inw. (arms crossed) 3! 4!
  - c) front double  $\frac{1}{2}$  arm circle to a position sideward, tip the clubs on the forearms and bend the knees 5! 6!
  - d) stretch the knees and bend again—with a double front  $\frac{1}{2}$  arm circle to a position arms bent in front inward and tip the clubs on the forearms 7! 8!
  - e) f) stretch the knees and repeat a) b) 9-12!
  - g) double front arm swing downward, double front large arm circle inward to a position sideward and bend the trunk backward (see Fig. 53.) 13! 14!
  - h) straighten the trunk—with a double front arm swing downward, front double large arm circle outward to a crossed position in front (r. above the left) and bend trunk forward (see Fig. 52.) 15! 16!
8. Straighten trunk and repeat 6. from a) to h) inward right beginning with the hand circles 1-16!
- (After mastering the above lesson, we may swing the same hand circles also as a dissimilar alternate hand circles—for example:
- 2. a) With the left: hand circle rear of shoulder and a front large arm circle outward—with the right: front arm swing downward to a position upward and a front upper hand circle inward 1! 2!
  - b) with the left: front upper hand circle and front large arm circle outward—with the right: front large arm circle and a hand circle rear of shoulder inward 3! 4!
- etc., which shows how the club ex. may be multiplied without resorting to difficult hand circles.)

## **PART IV.**

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- a) Preparatory exercises for follow arm and hand circles
- b) combinations with follow arm and hand circles.

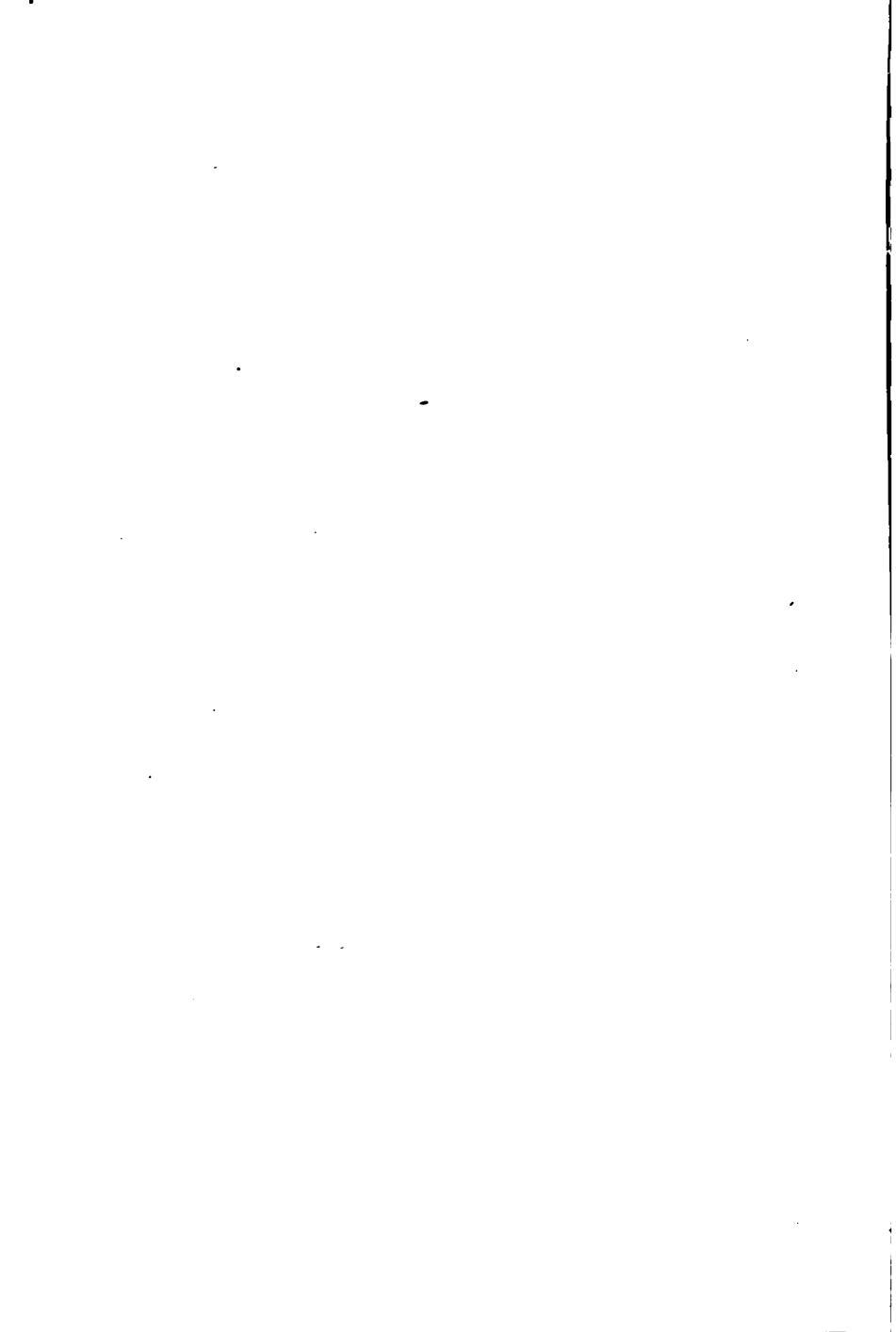


**T**HE so-called "follow arm and hand circles" in which one club follows the other, are easily mastered by those, who are endowed with the natural sense of rhythm, but are a source of endless trouble to others, in whom the sense of rhythm is lacking. I have known students, who were excellent club swingers, but when they have attempted the follow circles, they have drifted unconscientiously to alternate circles, without even noticing the difference. In such cases we try to "drill the rhythm into their arms," so to speak, as we sometimes try to "drill the rhythm into their feet" in gymnastic dancing. With that object in view, I have arranged several preparatory exercises for this part, which in my experience have proved to be a great help even in such cases, which we sometimes are tempted to term as "hopeless."

The best musical accompaniment for the follow circles is "schottische"—(four  $\frac{1}{4}$  notes in one measure) and the exercises are marked as follows: 1! 2! 3! 4! four counts or four movements in one measure; 1-! 2-! two counts or two movements in one measure; 1-4! one count or one movement in one measure. Therefore, if we execute four circles in one measure, or one circle on each note, the ex. is marked: 1! 2! 3! 4!. Where we execute two arm swings, arm or hand circles in one measure, or each circle or arm swing on two  $\frac{1}{4}$  notes, the ex. is marked 1-! 2-! and where we execute one movement in one measure, the ex. is marked 1-4!

All the exercises in Part IV. are arranged for "schottische" music

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## I.

(Preparatory exercises for follow circles. Trunk and leg exercises)

Starting position for club ex.: Arms at sides, clubs downward.

For trunk and leg ex.: Arms bent in rear inward.

## Club exercises.

1. a) Bend the left arm (raising club to perpendicular pos. front of shoulder) (1) bend the right (2) extend the left upward (3) extend the r. upward (4) (one measure) 1! 2! 3! 4!

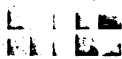
- b) bend the left arm (1) bend the right (2) lower left club (3) lower right (4) (one measure) 1! 2! 3! 4!

- c) d) repeat a) and b) (two measures) 1-8

2. a) b) c) d) repeat 1. a) b) c) d) but begin with the right and follow with the left



(54.)



3. a) b) c) d) repeat 1. a) b) c) d) extending arms sideward 1-16!
4. a) b) c) d) repeat 2. a) b) c) d) extending sideward 1-16!
5. a) bend the left 1! bend the right 2! extend the left upw. 3! extend the r. upw. 4! 1! 2! 3!
- b) bend the left (1) bend the right (2) extend l. upw. again (3) extend the right upw. (4) 1! 2! 3! 4!
- c) repeat b) 1! 2! 3! 4!
- d) bend the left 1! bend the right 2! lower l. club 3! lower right club 4! 1! 2! 3! 4!



6. a) b) c) d) repeat 5. a) b) c) d) but start with the right and follow with the left 1-16!
7. Repeat 5. extending sideward 1-16!
8. Repeat 7. but start with the r. and follow with the left and on the last 2 counts bend arms rear inward (see Fig. 41.) 1-16!

### Trunk and leg ex.

1) Bend the trunk forw. 1-4! (one measure) bend sidew. left 1-4! bend backw. 1-4! bend sidew. right 1-4! bend backward 1-4! sidew. left 1-4! forw. 1-4! straighten 1-4! (8 measures.)

2) repeat 1) but after bending forw. start to the right.

3) raise the r. foot backw. inward and hop 4 times on the left foot 1! 2! 3! 4! hop 4 times on the r. foot and raise the left backw. inward 1! 2! 3! 4! repeat l. and repeat r. (4 measures)

4) two hops on the l. foot and bend the r. foot backw. inward 1! 2! two hops on the r. and raise the left 3! 4! repeat l., r., l. and r., and in the last measure stamp 3 times.

Repeat 3) and 4) beginning with the r. foot.

Repeat the club ex. from 1 to 8.

Repeat trunk and leg ex.

## II.

(Preparatory ex. for follow circles with front large arm circles. Trunk and leg ex.)

Starting position for club ex.: arms at sides, clubs downward. For trunk and leg ex.: arms bent in rear inward.

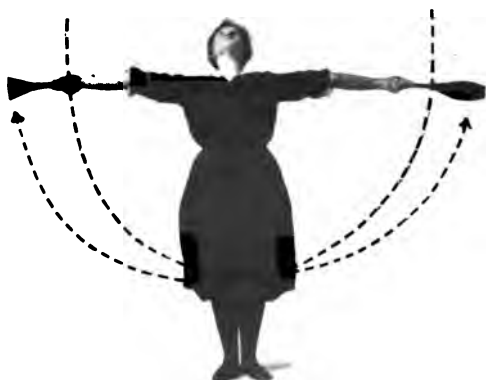
### Club exercises.

1. a) Bend the left (1) bend the right (2) extend left upw. (3) extend right upw. (4) 1! 2! 3! 4!
- b) front large arm circle inward with the left (1) follow with the large arm circle outward with the right (2) bend the

- left (3) bend the right (4) 1! 2! 3! 4!
- c) extend the left upw. (1) extend the right (2) with the left front large arm circle inward (3) follow with the right outward (4) 1! 2! 3! 4!
- d) bend the left (1) bend the right (2) lower left (3) lower right (4) 1! 2! 3! 4!
2. a) b) c) d) repeat 1. a) b) c) d) beginning with the right front large arm circle inward and follow with the left outward 1-16
3. a) Bend the left (1), bend the right (2)—extend the left upw. (3) extend the right (4) 1! 2! 3! 4!
- b) with the left front large arm circle outward (1) follow with the right front large arm circle outward (2) bend the left (3) bend the right (4) 1! 2! 3! 4!
- c) extend the left upw. (1) extend the r. (2) with the left front large arm circle outward, (3) follow with the right front large arm circle outw. (4) 1! 2! 3! 4!
- d) bend the left (1) bend the right (2) lower left (3) lower right (4) 1! 2! 3! 4!
4. a) b) c) d) repeat 3. a) b) c) d) beginning with the right and swing the front large arm circles inward 1-16!
5. a) bend the left (1), bend the right (2) extend the left upw. (3) extend the right (4) 1! 2! 3! 4!
- b) with the left flank large arm circle forward, (1) follow the same with the right (2) bend the left (3) bend the right (4) 1! 2! 3! 4!
- c) extend the left upw. (1) extend the r. (2) with the left flank large arm circle forw. (3) follow the same with the right (4) 1! 2! 3! 4!
- d) bend the left (1) bend the right (2), lower left (3) lower right (4) 1! 2! 3! 4!
6. a) b) c) d) repeat 5. a) b) c) d) beginning with the right 1-16!
7. 8. Repeat 5. and 6. and bend arms in rear inward.

## Trunk and leg ex.

- 1) repeat the trunk ex. of lesson 1.
  - 3) repeat 2) of lesson 1. but on the first 2 counts raise the free foot backw. inward, on the second 2 counts swing the r. foot in front inward
  - 4) repeat 4) of lesson 1. but raise the free foot backw., inward first count and swing free inward on 2nd count.
- Repeat 3) and 4) beginning with the r. foot.  
 Repeat the club ex.  
 Repeat trunk and leg ex.



(55.)

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(Note: In all these preparatory ex. insist on accenting the bending of arms, bending one arm one count after the other, for that accenting is a good preparation for combinations, when the hand circles are substituted for the bending.)

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## III.

(Follow large arm, rear shoulder and front upper hand circles. Trunk and leg ex.)

Starting position for club swinging: Arms at sides, clubs downward. For trunk and leg ex.: arms bent in rear inward.

## Club swinging.

1. a) Bend the left arm (1) bend the right (2) extend the left upward (3) extend the right (4) !! 2! 3! 4!  
 b) with the left front large arm circle inward (1) follow with the right outward (2) with the left hand circle rear of shoulder inward (3) with the r. hand circle rear of shoulder outward (4) !! 2! 3! 4!  
 c) repeat b) to position upward !! 2! 3! 4!  
 d) bend the left (1) bend the right (2) lower the left (3) lower right (4) !! 2! 3! 4!
2. repeat 1. a) b) c) d) contrarywise—beginning with the right, swing the arm and hand circles right inward and follow with the left outward !! 2! 3! 4!
3. a) bend the left (1) bend the right (2) extend the left upw. (3) extend the right (4) !! 2! 3! 4!  
 b) with the left front large arm circle outward (1) follow with the right outward (2) with the left hand circle rear of shoulder outward (3) same with the right outw. (4) !! 2! 3! 4!  
 c) repeat b) to position upward !! 2! 3! 4!  
 d) bend the left (1) bend the right (2) lower left (3) lower right (4) !! 2! 3! 4!
4. repeat 2. a) b) c) d) inward and begin with the right 1-16!

Repeat 1. 2. 3. and 4. and on the last 2 counts bend arms in rear inward 1-16!

## Trunk ex.

1) Bend trunk forw. 1-4! turn trunk to the left 1-4! return 1-4! straighten trunk 1-4! repeat and turn trunk to the right

2) bend trunk backward 1-4! turn trunk to the left 1-4! return 1-4! straighten 1-4! repeat and turn trunk to the right.

3) Bend trunk sidew. left 1-4! turn trunk to the left 1-4! return 1-4! straighten 1-4! repeat, bending and turning to the right.

Repeat 1) 2) and 3) and on the last count lower clubs to starting position.

## Club swinging.

Repeat 1. 2. 3. and 4. but substitute the front upper hand circles for hand circles rear of shoulders.

## Leg ex.:

Repeat the leg ex., of lessons I. and II.

## IV.

(Follow front arm swings and large arm circles, follow hand circles rear of shoulder, front upper hand circles and horizontal hand circles. Trunk and leg ex.)

Starting position for clubs swinging: arms bent, clubs in perpendicular position front of shoulders. For trunk and leg ex.: arms bent in rear inward.

## Club swinging.

- a) with the left front arm swing inward to a position upward (1) follow with the right outward (2) with the left hand circle rear of shoulder inward (3), follow with the right outward (4)

1! 2! 3! 4!

- b) with the left front large arm circle inward (1) follow with the right outward (2) with the left front upper hand circle inward (3) follow with the right outward (4)

1! 2! 3! 4!

- c) repeat a)

1! 2! 3! 4!

- d) with the left front large arm circle inward (1) follow with the right outward (2) bend the left (3) bend the right (4)

1! 2! 3! 4!

2. Repeat 1. a) b) c) d) to the left, with right leading inward and left following outward 1-16!

3. a) b) c) d) repeat 1. a) b) c) d) but begin with left outward and follow with the right outward 1-16!

4. a) b) c) d) repeat 1. a) b) c) d) but begin with the right inward and follow with the left inward 1-16!

5. a) repeat 1. a) 1! 2! 3! 4!

- b) with the left front arm swing inward to a position sideward (1), follow with the right arm swing outward to a position sideward left (2) with the left horizontal hand circle above the hand to a position sideward right (3) with right horizontal hand circle outward above the hand to a position sideward (4)

1! 2! 3! 4!

- c) repeat a)

1! 2! 3! 4!

- d) repeat 1. d)

1! 2! 3! 4!

6. a) b) c) d) repeat 5. a) b) c) d) to the left, begin with the right inward and follow with the left outward 1-16!



(56.)

7. a) b) c) d) repeat 5. a) b) c) d) begin with the left, follow with the right and swing both outward 1-16!  
 8. a) b) c) d) repeat 7. a) b) c) d) beginning with the right, follow with the left and swing both inward and on the last count bend arms in rear inward 1-16!

### Trunk and leg ex.

- 1) Bend trunk forw. to the left 1-4! bend trunk backward to the left 1-4! bend forw. to the left 1-4! straighten 1-4!
- 2) bend trunk forw. to the right 1-4! bend trunk backw. to the right 1-4! bend forw. to the right 1-4! straighten 1-4!
- 3) bend the trunk backward to the left 1-4! bend forward to the left 1-4! bend backward to the left 1-4! straighten 1-4!
- 4) bend trunk backw. to the right 1-4! bend forw. to the right 1-4! bend backw. to the right 1-4! straighten 1-4!
- 5) run 4 short steps forw. 1! 2! 3! 4! with 4 steps in place make a  $\frac{1}{4}$  turn to the left 1! 2! 3! 4!—Repeat 3 times (in a square) until pupils return to their places, where they finish the last measure with 3 stamps.
- 6) repeat 5) but begin with the r. foot and make  $\frac{1}{4}$  turns to the right.

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(Note: In swinging the follow horizontal circles to the l. or r. the leading arm is moving above the following arm. In swinging horizontal follow hand circles both inward, the leading arm moves below the following arm.)

## V.

(Follow front large arm circles, arm swings, front upper hand circles, hand circles rear of shoulders, and horizontal hand circles. Leg and trunk ex.)

Starting position for clubs swinging: arms bent, clubs in perpendicular position front of shoulders. For leg and trunk ex.: arms bent in rear inward.

## C l u b   s w i n g i n g .

1. a) With the left front arm swing inward to a position upward  
 (1) follow with the right front arm circle outward to a position upward (2) with the left front upper hand circle inward (3) follow with the right outward (4)  
 1! 2! 3! 4!
- b) with the left front large arm circle inward (1) follow with the right outward (2) with the left hand circle rear of shoulder inward (3) with the right outward (4)  
 1! 2! 3! 4!
- c) with the left front arm swing inward to a position sideward  
 (1) follow with the right front arm swing outward to position sidew. left (2) with the left horizontal hand circle above the hand to a position right (3) with the right the same circle outw. to a position sideward (4) 1! 2! 3! 4!
- d) with the left front arm swing downward to a position upw.  
 (1) follow with the right (2) bend the left (3) bend the right (4)  
 1! 2! 3! 4!
2. a) With the right front arm swing inward to a position upward  
 (1), follow with the left front arm swing outward to a position upward (2) with the right front upper hand circle inward (3) follow with the left outward (4)  
 1! 2! 3! 4!
- b) with the right front large arm circle inward (1) follow with the left outward (2) with the right hand circle rear of shoulder inward (3) with the left outward (4)  
 1! 2! 3! 4!
- c) with the right front arm swing inward to a position sideward  
 (1) follow with the left outward to a position sidew. right



- (2) with the right horizontal hand circle above the hand inward to a position sidw. left (3) follow with the left the same circle outw. to a position sideward (4) 1! 2! 3! 4!
- d) with the right front arm swing downward to a position upward (1) follow with the left (2) bend the right (3) bend the left (4) 1! 2! 3! 4!
3. a) b) c) d) repeat 1. a) b) c) d) 1-16!
4. a) b) c) d) repeat 2. a) b) c) d) and on the last two counts bend arms in rear inward 1-16!

### Leg ex.:

- 1) raise left leg forw. 1-! move sideward 2-! (first measure) move backward 3-! replace 4-! (second measure). Repeat right—repeat l. and r. (two movements in one measure.)
- 2) raise left leg sideward 1-! move backward 2-! move forward 3! replace 4-! repeat right—repeat left and right.
- 3) raise the l. leg backward 1-! move forward 2-! move sideward 3-! replace 4-! repeat right—repeat left and right.
- 4) bend the knees slowly 1-4! stretch 5-8! repeat and on the last count raise clubs to starting position 1-8.

### Club swinging.

5. a) b) c) d) repeat 1. a) b) c) d), begin with the left, follow with the right and swing both outward 1-16!
6. a) b) c) d) repeat the same, beginning with the right, follow with the left and swing both inward 1-16!
7. Repeat 5. 1-16!
8. repeat 6. and on the last two counts bend arms in rear inward 1-16!
- Repeat the trunk ex. of lesson IV.

## VI.

(Simultaneous, alternate and follow front arm swings, front large arm circles, upper hand circles and hand circles rear of shoulders. Leg and trunk ex.)

Starting pos. for club swinging: arms bent, clubs in perpendicular pos. front of shoulders. For trunk and leg ex.: arms bent in rear inward.

## C l u b   s w i n g i n g .

(Simultaneous.)

- i. a) Double front arm swing to the left to a position upw. and double hand circle to the left rear of shoulders (one measure)  
1-! 2-!
- b) double front large arm circle to the left and double front upper hand circle to the left  
3-! 4-!

(Alternate:)

- c) with the left hand circle outward rear of shoulder and a front large arm circle outward—with the right: front large arm circle inward and a hand circle inward rear of shoulder  
5-! 6-!
- d) with the left: front upper hand circle outward and front large arm circle outward—with the right: front large arm circle inward and front upper hand inward  
7-! 8-!

(Follow:)

- e) with the right: front large arm circle inward (1) follow with the left front large arm circle outward (2) with the right: hand circle inward rear of shoulder (3) follow with the left hand circle rear of shoulder outward (4)  
1! 2! 3! 4!
- f) with the right: front large arm circle inward (1) follow with a large arm circle left outward (2) with the right: front upper hand circle inward (3) the same with the right outward (4)  
1! 2! 3! 4!

- g) repeat e) 1! 2! 3! 4!  
 h) with the right: front arm swing inward to a position upward  
 (1) with the left: outward (2) bend the right (3)  
 bend the left (4) 1! 2! 3! 4!

(Simultaneous:)

2. a) Double front arm swing to the right to a position upward  
 and double hand circle to the right rear of shoulders 1-! 2-!  
 b) double front large arm circle to the  
 right and double front upper hand cir-  
 cle to the right 3-! 4-!



(Alternate:)

- c) with the right: hand  
 circle outward rear of  
 shoulder and front  
 large arm circle outward—with the left:  
 front large arm circle inward and a hand  
 circle rear of shoulder inward 5-! 6-!  
 d) with the right: front upper hand circle  
 outward and a large arm circle outward—  
 with the left: front large arm circle inward  
 and front upper hand circle inward 7-! 8-!

(Follow:)

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- e) with the left: front large arm circle inward  
 (1) follow with the right front large arm circle outward  
 (2) with the left hand circle rear of shoulder inward (3)  
 with the right hand circle rear of shoulder outward (4)  
 1! 2! 3! 4!  
 f) with the left: front large arm circle inward (1) follow  
 with the right front large arm circle outward (2) with  
 the left front upper hand circle inward (3) with the  
 right front upper hand circle outward (4) 1! 2! 3! 4!  
 g) repeat e) 1! 2! 3! 4!  
 h) with the left: front arm swing inward to a position upw.

- (1) follow with the right outw. (2) bend the left (3) bend the right (4) 1! 2! 3! 4!  
 3. and 4. repeat 1. and 2. from a) to h) and on the last two counts bend arms in rear inward.

### Leg and trunk ex.

- 1) ~~Stride sideways left 1-4! 1/4 turn left and kneel right 1-4!~~  
~~stretch the knees with 1/4 turn right 1-4!~~ turn trunk to the left  
 1-4! return 1-4! bend forward 1-4! straighten 1-4! replace the left foot 1-4! (8 measures.)  
 2) repeat 1) contrarywise: stride r., turn r., kneel.  
 3) repeat 1) bending backward.  
 4) repeat 2) bending backward and on the last count raise clubs to starting position.

### Club swinging.

(Simultaneous:)

3. a) Double front arm swing outward to a pos. upward and double hand circle outward rear of shoulders 1-! 2-!  
 b) double front arm circle outward and double front upper hand circle outward 3! 4!

(Alternate:)

- c) with the left hand circle rear of shoulder outward and a front large arm circle outward—with the right: front large arm circle outward and a hand circle outward rear of shoulder 5-! 6-!  
 d) with the left front upper hand circle outward and a front large arm circle outward—with the right: front large arm circle outward and a front upper hand circle outward 7-! 8-!

(Follow:)

- e) with the left front large arm circle outward (1) follow with the right front large arm circle outward (2) with

the left hand circle rear of shoulder outward (3) hand  
circle rear of shoulder outward with the right (4)

!! 2! 3! 4!

- f) with the left: front large arm circle outward (1) follow  
with the right front large arm circle outward (2) with  
the left: front upper hand circle outward (3) follow  
with the right front upper hand circle outward (4)

!! 2! 3! 4!

- g) repeat e)

!! 2! 3! 4!

- h) with the left: front arm swing outward (1) follow with  
the right (2) bend the left (3) bend the r. (4)

!! 2! 3! 4!

4. repeat 3. from a) to h) inward; in alternate ex.  
begin the hand circle with the right and in the follow ex.  
the right leads and left follows.

Repeat 3. and 4. and on the last two counts bend the arms in  
rear inward.

### Leg and trunk ex.

- 5) Stride forw. left 1-4!  $\frac{1}{2}$  turn right and kneel left 1-4!  
stretch the knees with  $\frac{1}{2}$  turn left 1-4! turn trunk to the left  
1-4! return 1-4! bend sidew. left 1-4! straighten 1-4! re-  
place left 1-4!

- 6) repeat 5) contrarywise.

Repeat 5) and 6)

## VII.

(Front and flank  $\frac{1}{2}$  arm circles with stride pos., turns and kneel-  
ing—flank hand circles. Follow front arm, front upper hand circles,  
hand circles rear of shoulders and horizontal hand circles.)

Trunk ex. with follow steps.

Starting pos. for club swinging: arms bent, clubs in perpendi-  
cular pos. front of shoulders. For trunk ex.: arms bent in rear  
inward.)

# Club swinging.

1. a) Stride sideward left with a  $\frac{1}{4}$  turn to the right and stride backward right—with a double front arm swing to the left to a position forward (after the turn) and tip the clubs on the forearms 1-! 2-!
- b) remain in stride pos. backw. r. and swing flank hand circles forward twice: outside the arms and inside the arms 3-! 4-!
- c)  $\frac{1}{2}$  turn to the right and kneel left—with a double flank  $\frac{1}{2}$  arm circle forw. pass the right side to a position forw. and tip the clubs on the forearms (see Fig. 62.) 5-! 6-!
- d) in kneeling pos. repeat b) 7-! 8-!
- e) straighten knees with  $\frac{1}{2}$  turn to the left—with a double flank  $\frac{1}{2}$  arm circle forw. pass the left side to a position forward and tip the clubs on the forearms 1-! 2-!
- f) repeat b) 3-! 4-! (58.)
- g) stride forw. right with a  $\frac{1}{4}$  turn to the left and close with the left—with a double flank  $\frac{1}{2}$  arm circle forw. pass the l. side to a position sidew. left (after the turn) and tip clubs on the forearms 5-! 6-!
- h) turn trunk to the left and repeat b) 7-! 8-!



(Follow circles.)

2. a) Return trunk and: with the right front arm swing downward to a position upward (1) follow with the left front arm swing downward to a pos. upw. (2) with the right

- hand circle rear of shoulder inward (3) with the left:  
hand circle rear of shoulder outward (4) 1! 2! 3! 4!
- b) with the right: front arm swing inward to a position side-  
ward (1) follow with the left front arm swing outward to  
a position sidew. right (2) with the right: horizontal  
hand circle above the hand to a position sidew. left (3)  
with the left horiz. hand circle above the hand to a position  
sideward 1! 2! 3! 4!
- c) repeat a) 1! 2! 3! 4!
- d) repeat b) 1! 2! 3! 4!
- e) with the right front arm swing downward to a position  
upward (2) follow with the left arm swing downward to  
a position upward (2) with the right front upper hand  
circle inward (3) follow with the left front upper hand  
circle outward (4) 1! 2! 3! 4!
- f) repeat b) 1! 2! 3! 4!
- g) repeat e) 1! 2! 3! 4!
- h) with the right: front arm swing inward (1) follow with  
the left outward (2) bend the right (3) bend the left  
(4) 1! 2! 3! 4!
3. a) Stride sidew. right with a  $\frac{1}{4}$  turn to the left and stride  
backward left—with a double front arm swing to the right  
to a position forward (after the turn) and tip the clubs  
on the forearms 1-! 2-!
- b) remain in stride pos. backw. l. and swing flank hand circle  
forward outside the arms and inside the arms 3-! 4-!
- c)  $\frac{1}{2}$  turn to the left and kneel right—with a double flank  $\frac{1}{2}$   
arm circle forw. pass the left side to a position forw. and tip  
the clubs on the forearms (see Fig. 46.) 5-! 6-!
- d) repeat b) 7-! 8-!
- e) stretch the knees,  $\frac{1}{2}$  turn to the right—with a double  
flank  $\frac{1}{2}$  arm circle forw. pass the right side to a position  
forward and tip the clubs on the forearms 1-! 2-!
- f) repeat b) 3-! 4-!
- g) stride forw. left with a  $\frac{1}{4}$  turn to the right and close with  
the right—with a double flank  $\frac{1}{2}$  arm circle forw. pass the r.  
side to a position sidew. right (after the turn) and tip the  
clubs on the forearms 5-! 6-!
- h) turn trunk to the right and repeat b) 7-! 8-!

(Follow circles.)

4. a) Return trunk and: with the left front arm swing downward to a position upward (1) follow with the right front arm swing downward to a position upw. (2) with the left hand circle rear of shoulder inward. (3) follow with the r. hand circle rear of shoulder outward !! 2! 3! 4!
- b) with the left front arm swing inward to a position sideward (1) follow with the right front arm swing outward to a position sidew. left (2) with the left horizontal hand circle above the hand inw. to a position sidew. right (3) with the right: horizontal hand circle outw. above the hand to a position sidew. (4) !! 2! 3! 4!
- c) repeat a) !! 2! 3! 4!
- d) repeat b) !! 2! 3! 4!
- e) with the left front arm swing downward to a position upward (1) follow with the right front arm swing downward to a pos. upward (2) with the left front upper hand circle inward (3) follow with the right outward (4) !! 2! 3! 4!
- f) repeat b) !! 2! 3! 4!
- g) repeat e) !! 2! 3! 4!
- h) with the left front arm swing inward (1) follow with the right outward (2) bend the left in rear inward (3) bend the right (4) !! 2! 3! 4!

## T r u n k e x .

1) Step forw. left and bend trunk forw. 1-! 2-! (one measure) straighten trunk and step backw. left 3-! 4-! step backw. left and bend the trunk backward 5-! 6-! straighten trunk and step forw. left 7-! 8-!

2) step sidew. left and bend the trunk sidew. left 1-! 2-! straighten trunk and step sidew. right 3-! 4-! step sidew. right and bend trunk sidew. right 5-! 6-! straighten trunk and step sidew. left 7-! 8-!

3) repeat 1) but step forw. and backw. right.

4) repeat 2) starting to the right.



(Note: Step forw. left 1-1 close with r. and bend trunk 2-1 reverse: straighten trunk and step backw. l. 3-1 close with the r. 4-1 In starting the ex. bend the trunk simultaneously with closing the opp. foot—in reversing—straighten trunk with the starting step.)

### VIII.

(Hand circles rear of shoulders with knee bending, front large arm circles with trunk bending. Simultaneous and follow front upper hand circles, hand circles rear of shoulders, horizontal and hand circles rear of hips.)

Starting position: arms bent, clubs in perpendicular pos. front of shoulders.

1. a) double front arm swing outward to a pos. upward and double hand circle rear of shoulders with half-bending and stretching the knees 1-1 2-1
- b) double front large arm circle outward, with an arm swing to crossed pos. in front and bend trunk forward (Fig. 54.) 3-1 4-1
- c) straighten trunk with a double front arm swing downward and to a position upward and double hand circle rear of shoulders inward with half-bending and stretching the knees 5-1 6-1
- d) double front large arm circle inward, with an arm swing to a position sideward and bend trunk backward (Fig. 55.) 7-1 8-1

(Simultaneous circles.)

- e) double front arm swing downward to a position upward and double front upper hand circle outward 1-1 2-1
- f) double front large arm circle outward and double hand circle outward rear of shoulders 3-1 4-1
- g) double front arm swing outward to a crossed position in front and double horizontal hand circle outward to a position sideward 5-1 6-1
- h) double front arm swing downward rear of body and double hand circle outward rear of hips to start. pos. 7-1 8-1

## (Follow circles.)

2. a) With the left front arm swing outw. to a position upw. (1) follow the same with the right outw. (2) with the left front upper hand circle outward (3) follow the same with the right (4) 1! 2! 3! 4!
- b) with the left front large arm circle outward (1) follow the same with the right (2) with the left hand circle outward rear of shoulder (3) the same with the right (4) 1! 2! 3! 4!
- c) with the left front arm swing outward to a position sidew. right (1) follow the same with the right to a position sidew. left (2) with the left horizontal hand circle outw. to a position sideward (3) follow the same with the right to a position sidew. (4) 1! 2! 3! 4!
- d) with the left front small arm circle outward (1) follow the same with the right (2) with the left hand circle rear of hip outward and an arm swing upw. (3) same with the right (4) 1! 2! 3! 4!
- e) f) g) repeat a) b) c) 1-12!
- h) with the left front arm swing outw. to a position upw. (1) follow the same with the r. (2) bend the left (3) bend the right (4) 1! 2! 3! 4!
3. Repeat 1. from a) to h) inward—in ex. b) arms sidew. bend backw. in ex. d) arms crossed bend forw. 1-16!
4. Repeat 2. from a) to h) (follow hand circles) inward, right leading left following 1-16!
5. a) Double front arm swing to the left and double hand circle rear of shoulders to the left with half-bending and stretching the knees 1-! 2-!
- b) double front large arm circle to the left, with an arm swing to a position sideward right and bend the trunk sidew. left (Fig. 56.) 3-! 4-!
- c) straighten trunk with a double front arm swing downward to a position upward and double hand circle rear of shoulders to the right with half-bending and stretching the knees 5-! 6-!

- d) double front large arm circle to the right, with an arm swing to a position sideward left and bend trunk to the right  
7-1 8-1

(Simultaneous circles.)

- e) straighten trunk with a double front arm swing downward and to a position upward and double front upper hand circle to the left 1-1 2-1  
f) double front large arm circle to the left and double hand circle to the left rear of shoulders 3-1 4-1  
g) double front arm swing to the left to a position sidew. right



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and double horizontal hand circle above the hands to a position sidew. left 5-1 6-1

- h) double front arm swing to the left (left in rear) and double hand circle to the left rear of hips and up to starting pos. 7-1 8-1

(Follow circles.)

6. a) With the right front arm swing inward to a pos. upw. (1) follow left with a front arm swing outw. to a pos. upw. (2) with the right front upper hand circle inward (3) follow with the left the same outward (4) 1! 2! 3! 4!  
b) with the right front large arm circle inward (1) follow with the left large arm circle outward (2) with the right hand circle rear of shoulder inward (3) with the left hand circle rear of shoulder outward (4) 1! 2! 3! 4!

- c) with the right front arm swing inward to a pos. sidew. (1) follow with the left front arm swing outw. to a position sidew. right. (2) with the right horizontal hand circle inward above the hand to a pos. sidew. left (3) left horiz. hand circle above the hand outw. to position sideward (4)  
1! 2! 3! 4!
- d) with the right front arm swing inward (1) follow with the left front small arm circle outward (2) with the right hand circle rear of hip inward to a position upward (3) follow with the left hand circle rear of hip to a position upw.  
1! 2! 3! 4!
- e) f) g) repeat a) b) c) 1-12!
- h) with the right front arm swing inward (1) with the left front arm swing outward (2) bend the right (3) bend the left (4)  
1! 2! 3! 4!
7. repeat 7. from a) to h) to the right—in ex. b) bend trunk to the right and in ex d) to the left 1-16!
8. repeat 6. from a) to h) to the right with the left leading inward and the right following outward 1-16!

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(Note: In swinging the hand circles rear of hips simultaneously, to the left for instance, swing the left club from upward or sidew. position in rear—but in follow circles swing the front small arm circle before swinging hand circle rear of hip.)

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## IX.

(Simultaneous and follow linked hand circles rear of shoulders and front upper hand circles, simultaneous and follow horizontal hand circles. Jumping and trunk ex.)

Starting position for club swinging: arms bent, clubs in perpendicular position front of shoulders. For trunk and jumping ex.: arms at sides.

## (Simultaneous circles.)

1. a) Double front arm swing to the left to a position upward and double hand circle rear of shoulders to the left to a position upward 1-! 2-!
- b) double front upper hand circle to the left, and again double hand circle rear of shoulders to the left 3-! 4-!
- c) double front arm swing to the left to a position sidew. right and double horizontal hand circle above the hands to the position sidew. left 5-! 6-!
- d) double front arm swing downward to a position upw. and front double large arm circle to the left to a position upward 7-! 8-!

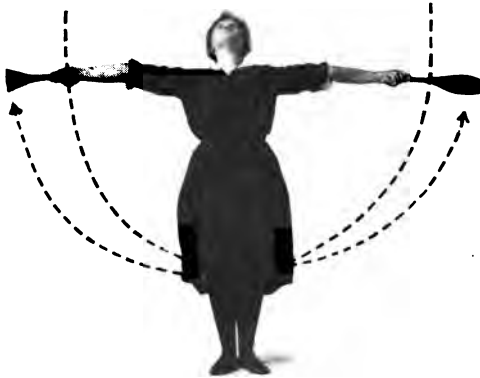
## (Follow circles.)

- e) with the right: front large arm circle inward (1) follow the same with the left outward (2) with the right hand circle rear of shoulder inward to pos. upward (3) follow with the left outward to pos. upward (4) 1! 2! 3! 4!
- f) with the right front upper hand circle inward (1) follow with the left front upper hand circle outward (2) with the right again hand circle rear of shoulder inward (3) follow with the left hand circle rear of shoulder outward (4) 1! 2! 3! 4!
- g) with the right front arm swing inward to a position sidew. (1) follow with the left front arm swing outward to a position sidew. right (2) with the right horizontal hand circle inw. above the hand to a position sidew. left (3) follow with the left horizontal hand circle outw. above the hand to a position sideward (4) 1! 2! 3! 4!
- h) with the right front arm swing downward to a pos. upward (1) follow with the left (2) bend the right (3) bend the left (4) 1! 2! 3! 4!

## (Simultaneous circles.)

2. a) Double front arm swing to the right to a position upward and double hand circle rear of shoulders to the right to a position upward 1-! 2-!

- b) double front upper hand circle to the right and double hand circle to the right rear of shoulders 3-! 4-!
- c) double front arm swing to the right to a position sidew. left and double horizontal hand circle above the hands to a position sidew. right 5-! 6-!
- d) double front arm swing downward to a position upward and double front large arm circle to the right to a pos. upward 7-! 8-!



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(Follow circles.)

- e) with the left front large arm circle inward (1) follow with the right front large arm circle outward (2) with the left hand circle inward rear of shoulder to a position upw. (3) follow with the right hand circle rear of shoulder outward to a position upward (4) 1! 2! 3! 4!
- f) with the left front upper hand circle inward (1) follow with the right front upper hand circle outward (2) with the left again hand circle rear of shoulder inward (3) follow with the right hand circle rear of shoulder outward (4) 1! 2! 3! 4!
- g) with the left front arm swing inward to a position sideward (1) follow with the right front arm swing outw. to a position

sidew. left (2) with the left horizontal hand circle above the hand to a position sidew. right (3) follow with the right horizontal hand circle above the hand outw. to a position sideward 11 21 31 41

- h) with the left front arm swing downward to a pos. upward (1) follow with the right (2) bend the left (3) bend the right (4) 11 21 31 41

(Simultaneous circles.)

3. a) Front double arm swing outward to a position upward and double hand circle outw. rear of shoulders to position upward 1-1 2-1  
 b) double front upper hand circle outward and again double hand circle rear of shoulders outward 3-1 4-1  
 c) double front arm swing outward to a crossed position in front and double horizontal hand circle above the hands outw. to a position sideward 5-1 6-1  
 d) double front arm swing downward to a position upward and double front large arm circle outward to a pos. upw. 7-1 8-1

(Follow circles.)

- e) with the left front large arm circle outward (1) follow with the r. front large arm circle outw. (2) with the left hand circle rear of shoulder outw. to a position upw. (3) follow with the r. hand circle rear of shoulder outw. to a position upward (4) 11 21 31 41  
 f) with the left front upper hand circle outward (1) follow with the right front upper hand circle outw. (2) with the left again hand circle rear of shoulder outw. (3) follow with the r. hand circle rear of shoulder outward (4) 11 21 31 41  
 g) with the left front arm swing outward to a position sidew. right (1) follow with the right front arm swing outward to a position sidew. left (2) with the left horizontal hand circle above the hand outw. to a position sideward (3) follow with the right horizontal hand circle above the hand position sidew. (4) 11 21 31 41

- h) with the left front arm swing downward to a pos. upward  
 (1) follow with the r. (2) bend the left (3) bend the  
 right (4) 11 21 31 41
4. Repeat 3. from a) to h) inward; in follow circles the  
 right leads and the left follows 1-161

### J u m p i n g a n d t r u n k e x .

1) extend arms upward 1-4! bend trunk forw. and place the  
 clubs on the floor crosswise 1-4! straighten trunk, arms  
 upward 1-4! remain in position 4 counts (count slowly one  
 count for one measure.)

2) rise on toes and raise arms forw. 1-! bend knees half way  
 and swing arms backward 2-! swing arms forw. jump over the  
 clubs with a  $\frac{1}{4}$  turn to the left 3-! land in the deep knee-bending  
 position, arms in a position sideward 4-! stretch the knees raise  
 arms upward 5-! bend trunk sidew. left 6-! straighten trunk  
 7-! lower arms and make a  $\frac{1}{4}$  turn to the left 8-!

3) repeat 2)

4) repeat 2) and 3) but jump with a  $\frac{1}{4}$  turn to the right, bend  
 trunk to the right and on 8-!  $\frac{1}{4}$  turn to the right.

6) jump with  $\frac{1}{2}$  turn to the left, bend the trunk forward  
 and repeat

7) jump with  $\frac{1}{2}$  turn to the right, bend trunk backward and  
 repeat. (In all the trunk bending ex. arms remain in position  
 upward.)

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### X.

(Front double arm swing and swings over with foot ex.—front  $\frac{1}{2}$   
 arm circles with knee bending — front large arm circles with trunk  
 bending. Repetition of simultaneous and follow arm and hand  
 circles of lesson IX.)

Starting position: arms bent, clubs in perpendicular position  
 front of shoulders.

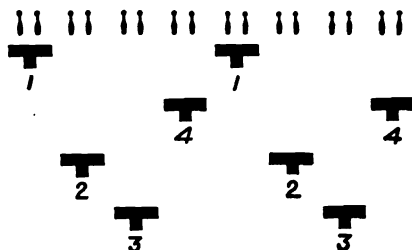
1. a) Stride sideward left and point the right foot backw. inward  
 —with a double front arm swing to the left to a position



sidew. right and: with the left front  $\frac{1}{2}$  arm circle to a position sideward—with the right: swing over to a horizontal pos. sidew. l. above the head—eyes to the left (Fig. 57.)

1-! 2-!

- b) replace right foot and close with the left—with a double front arm swing to a position sidew. right and: with the left swing over to a position sideward—with the right: front  $\frac{1}{2}$  arm circle to a position sidew. left 3-! 4-!
- c) double front  $\frac{1}{2}$  arm circle to a position sidew. right, tip the clubs on the forearms and bend the knees 5-! 6-!
- d) stretch the knees with a double front  $\frac{1}{2}$  arm circle to a position sidew. left, tip the clubs on the forearms and bend knees again 7-! 8-!
- e) f) g) repeat 1. a) b) c) lesson IX. (simultaneous



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linked hand circles) and horizontal hand circles to the left

1-6!

- h) double arm swing downward to starting pos. 7-! 8-!
2. a) repeat 1. a) 1-! 2-!
- b) repeat 1. b) 3-! 4-!
- c) double front arm swing downward, double front large arm circle to the left, double arm swing to a position sidew. right and bend the trunk sidew. left (Fig. 58.) 5-! 6-!
- d) straighten trunk with a double front arm swing downward, double front large arm circle to the right and arm swing to a position sidew. left and bend trunk sidew. right 7-! 8-!
- e) f) g) straighten trunk and from a position sidew. repeat 1. e) f) g) h) Lesson IX. (follow circles beginning with r.

arm swing downward to a pos. upward and follow with the left.

3. a) Stride sidw. right and point the left foot backw. inward—  
with a double front arm swing to the right to a position  
sidw. left, and: with the right front  $\frac{1}{2}$  arm circle to a  
position sideward, with the left swing over to a horizontal  
pos. sidw. right above the head, eyes to the right 1-! 2-!
- b) replace the l. foot and close with the right—with a double  
front arm swing to a position sidw. left, and: with the  
right swing over to a position sideward, with the left front  
 $\frac{1}{2}$  arm circle to a position sideward right 3-! 4-!
- c) double front  $\frac{1}{2}$  arm circle to a position sidw. left, tip the  
clubs on the forearms and bend the knees 5-! 6-!
- d) stretch the knees with a double front  $\frac{1}{2}$  arm circle to a  
position sidw. right, tip the clubs on the forearms and bend  
knees again 7-! 8-!
- e) f) g) repeat 2. e) f) g) Lesson IX. (simultaneous  
linked rear shoulder and upper hand circles and horizontal  
hand circle to a position sidw. right 1-6!
- h) double front arm swing downward to starting pos. 7-! 8-!
4. a) repeat 3. a) 1-! 2-!
- b) repeat 3. b) 3-! 4-!
- c) double front arm swing downward, front double large arm  
circle to a position sidw. left and bend trunk sidw. right  
5-! 6-!
- d) straighten trunk—and from a position sidw. left double  
arm swing downward, double front large arm circle to the  
left and double arm swing to a position sidw. r. and bend  
trunk to the sidw. left (see Fig. 58.) 7-! 8-!
- e) f) g) h) straighten trunk and from a position sidw.  
right beginning with arm swing downward to a position  
upward, repeat 2. e) f) g) h) Lesson IX. (follow  
circles.)
5. a) Stride backward left foot and point the r. foot backward—  
with a front arm swing outward to a crossed position in  
front l. above the right and: with the left swing over to a  
position sideward, with the right front  $\frac{1}{2}$  arm circle to a  
position sideward 1-! 2-!
- b) replace r. foot and close with the left, with a front double

- $\frac{1}{2}$  arm circle to a crossed pos. in front (r. above the left) and:  
with the left front  $\frac{1}{2}$  arm circle to a position sideward,  
with the right swing over to a position sideward 3-! 4-!
- c) double front  $\frac{1}{2}$  arm circle to a position arms bent in front  
inward, tip the clubs on the forearms and bend the knees  
(see Fig. 43.) 5-! 6-!
- d) stretch the knees with a double front  $\frac{1}{2}$  arm circle to a  
position sideward, tip the clubs on the forearms and bend  
the knees again 7-! 8-!
- e) f) g) stretch the knees and from a sidew. position double  
arm swing downward to a pos. upw. and repeat 3. a) b) c)  
Lesson IX. (simultaneous linked hand circles rear of  
shoulders and upper hand circle—and horizontal circle  
outward.) 1-6!
- h) double front arm swing downward to starting position  
7-! 8-!
6. a) repeat 5. a) 1-! 2-!
- b) repeat 5. b) 3-! 4-!
- c) from a pos. sidew. front double front arm swing downward—  
double front large arm circle outward with an arm swing  
to a crossed position in front and bend the trunk forward  
(Fig. 59.) 5-! 6-!
- d) straighten trunk—with a double front arm swing downward  
double front large arm circle inward, double arm swing to a  
position sideward and bend the trunk backward (Fig. 60.)  
7-! 8-!
- e) f) g) h) from a position sidew. follow arm swings to  
position upward and repeat 3. e) f) g) h) Lesson IX.  
(follow circles outward left leading r. following.)
7. a) stride backward right foot and point backw. left—with a  
double front arm swing inward to a position sideward and:  
with the right swing over to a position sidew. left, with the  
left front  $\frac{1}{2}$  arm circle to a pos. sidew. right (arms crossed)  
1-! 2-!
- b) replace left foot and close with the right, with a front double  
 $\frac{1}{2}$  arm circle to a position sideward and: with the right front  
 $\frac{1}{2}$  arm circle to a position sidew. left, with the left: swing  
over to a position sidew. right (arms crossed) 3-! 4-!

- c) double front  $\frac{1}{2}$  arm circle to a position sideward, tip the clubs on the forearms and bend the knees 5-! 6-!
- d) stretch the knees—with a double front  $\frac{1}{2}$  arm circle to a position arms bent inward, tip the clubs on the forearms and bend knees 7-! 8-!
- e) f) g) with the double arm swing downward to a position upward repeat the simultaneous linked hand circles and horizontal hand circles inward 1-! 6-!
- h) front arm swing downward to starting position 7-! 8-!
- 8. a) repeat 7. a) 1-! 2-!
- b) repeat 7. b) 3-! 4-!
- c) front arm swing downward, double front large arm circle inward with an arm swing to a position sideward and bend the trunk backward (see Fig. 60.) 5-! 6-!
- d) straighten trunk with a double arm swing downward, front double large arm circle outward to a crossed position in front and bend trunk forward (see Fig. 59.) 7-! 8-!
- e) f) g) h) repeat the follow linked hand circles inward right leading, left following.

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## XI.

(Double arm swing with stride pos. and turns—flank hand circles with walking. Simultaneous, alternate and follow hand circles rear of shoulders, and front upper hand circles. Jumping and front leaning rest ex.)

Starting position for club swinging: arms bent, clubs in perpendicular position front of shoulders. For jumping ex.; arms at sides.

### Club swinging.

- 1. a) Stride sideward left and with a  $\frac{1}{4}$  turn to the right and stride backward right—with a double front arm swing to the left to a position forward (after the turn) and tip the clubs on the forearms 1-! 2-!
- b)  $\frac{1}{2}$  turn to the right—with a flank  $\frac{1}{2}$  arm circle pass the right side to a position forward and tip the clubs on the forearms 3-! 4-!

- c) d) beginning with the left, three steps forward and close heels with the right on the 8th count—with four flank hand circles outside the bent arms (one double hand circle with each step and 4th circle when closing the heels 5-! 6-! 7-! 8-!
- e) flank double  $\frac{1}{2}$  arm circle to a position backward and flank double  $\frac{1}{2}$  arm circle to a pos. forw. 1-! 2-!
- f) tip the clubs on the forearms and swing flank double hand circle forward with the left outside, with the right inside the arms 3-! 4-!
- g) repeat double flank  $\frac{1}{2}$  arm circles to a position backw. and to a position forward 5-! 6-!
- h) tip the clubs on the forearms and move arms to position sidew. left 7-! 8-!

(Simultaneous.)

- 2. a) Front double arm swing to the left to a position upw. and double hand circle to the left rear of shoulders 1-! 2-!
- b) front double large arm circle to the left and double front upper hand circle to the left 3-! 4-!

(Alternate)

- c) with the left: hand circle rear of shoulder outward and front large arm circle outward—with the right front large arm circle inward and a hand circle rear of shoulder inward 5-! 6-!
- d) with the left: front upper hand circle outward and front large arm circle outward—with the right: front large arm circle inward and a front upper hand circle inward 7-! 8-!

(Follow)

- e) with the right front large arm circle inward (1) follow with the left front large arm circle outward (2) with the right hand circle rear of shoulder inward—follow with the left hand circle rear of shoulder outward (4) 1! 2! 3! 4!
- f) with the right: front large arm circle inward (1) follow with the left front large arm circle outw. (2) with the right

front upper hand circle inward (3) follow with the left  
front upper hand circle outward (4) 1! 2! 3! 4!

g) repeat e) 1! 2! 3! 4!

h) with the right front arm swing inward (1) follow with  
the left outward (2) bend the right (3) bend the  
left (4) 1! 2! 3! 4!

3. a) b) c) d) e) repeat 1. a) b) c) d) e) 1-8! 1-! 2-!

f) repeat 1. f) but swing the flank hand circle forw. outside  
the arms 3-! 4-!

g) repeat 1. g) 5-! 6-!

h) repeat h) but move arms to a position sideward 7-! 8-!  
(Simultaneous)

4. a) Double front arm swing outward  
to a position upward and double  
hand circle rear of shoulders out-  
ward 1-! 2-!

b) double front large arm circle out-  
ward and double front upper hand  
circle outward 3-! 4-!

(Alternate)



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c) with the left hand circle  
outward rear of shoulder  
and front large arm circle

outward—with the right: front large arm circle outward  
and a hand circle rear of shoulder outward 5-! 6-!

d) with the left front upper hand circle outward and front large  
arm circle outward—with the right: front large arm circle  
outward and a front upper hand circle outward 7-! 8-!

(Follow)

e) with the left front large arm circle outward (1) follow  
with the right large arm circle outw. (2) with the left  
hand circle outward rear of shoulder (3) follow the same  
hand circle outw. with right (4) 1! 2! 3! 4!

f) with the left front large arm circle outward (1) follow

- with the r. the same arm circle outw. (2) with the left front upper hand circle outward (3) same with the right outward (4) 1! 2! 3! 4!
- g) repeat e) 1! 2! 3! 4!
- h) with the left front arm swing outward (1) follow the same with the r. (2) bend the left (3) bend the right (4) 1! 2! 3! 4!
5. a) b) c) d) e) repeat 1. a) b) c) d) e) 1-8! 1-! 2-!
- f) repeat 1. f) but the flank hand circle forw. with the right outside the arm, left inside the arm 3-! 4-!
- g) repeat 1. g) 5-! 6-!
- h) repeat 1. h) but move the arms to the position sideward right 7-! 8-!

## (Simultaneous)

6. a) b) repeat 2. a) b) to the right 1-! 2! 3-! 4!

## (Alternate)

- c) with the right hand circle outward rear of shoulder and a front large arm circle outward—with the left: front large arm circle inward and a hand circle inward rear of shoulder 5-! 6-!
- d) with the right front upper hand circle outward and a front large arm circle outward—with the left front large arm circle inward and front upper hand circle inward 7-! 8-!

## (Follow)

- e) with the left: front large arm circle outward (1) follow with the right front large arm circle outward (2) with the left hand circle rear of shoulder inward (3) follow with the right hand circle rear of shoulder outward (4) 1! 2! 3! 4!
- f) with the left front large arm circle inward (1) follow with the right front large arm circle outward (2) with the left front upper hand circle inward (3) follow with the right front upper hand circle outward 1! 2! 3! 4!
- g) repeat e) 1! 2! 3! 4!

- h) with the left front arm swing inward (1) follow with the right outward (2) bend the left (3) bend the right (4)  
1! 2! 3! 4!
7. a) b) c) d) e) repeat 1. a) b) c) d) e) 1-8! 1-! 2-!  
f) repeat 1. f) the flank hand circle inside the arms  
3-! 4-!  
g) repeat 1. g) 5-! 6-!  
h) repeat 1. h) and bend arms in front inward 7-! 8-!
8. repeat 4. from a) to h) inward, in the follow circles right leading, left following 1-8!

### J u m p i n g   a n d   f r o n t   l e a n i n g   r e s t   e x .

1)  $\frac{1}{4}$  turn to the left and close rank (6 steps and 2 steps in place.) 1-8! extend arms upw. 1-2! lower trunk forw. and stand the clubs on the floor 3-4! raise the trunk, arms upw. 5-6! lower arms with  $\frac{1}{2}$  turn to the left 7-8! open rank forw. 1-6! and 10 steps in place 7-16!

(See article "Marching to places and opening ranks for club exercises. Open the rank for this lesson according to the description in Sec. c). Close toward No. 1 and after placing clubs on the floor, make  $\frac{1}{2}$  turn left and open again, so that the clubs will be standing in a row rear of the class, standing in open order. (Fig. 61.)

2) rise on toes and raise arms forw. 1-! bend the knees (half way) and swing arms backward 2-! swing arms and jump forw. 3-! land in deep knee-bending position with arms forw. obliq. outward, (same direction with the knees; palms downward, 4-! place hand on floor (bent knee support) 5-! stretch legs backw. 6-! bend legs 7-! position 8-!

(Repeat two or 4 times, then face about and repeat. Practice the jumping with different variations, i. e. with swinging the heels upw.; with raising the knees, with swinging the legs sidw. and closing, with turns after landing or during the flight, etc. For girls, teacher may arrange also simple combinations of steps in "schottische" time, etc.)

After the jumping ex.: close rank forward and 2 steps in place 1-8! raise arms upw. 1-2! lower trunk forw. and grasp the clubs 3-4! raise the trunk arms upw. 5-6! l. club on shoulder and r. down 7-8! 1. (or r.) face and march off.



(Note: The ex. 1. from a) to e) is repeated four times. After the first change, the class swings the clubs facing to the left from the original position, after the second change it faces backward—after the third, to the right from the original position and after the fourth, all return to their original places. The flank hand circle forward ex. f) indicate, in what direction to swing the following club combination; hand circle on the left side of arms indicate to the left—outside the arms indicate outward, on the right side to the right, and inside the arms inward. Practice the same lesson to the right. There are only four new exercises in the whole lesson and that is 1. from a) to d) the rest being all known to the pupils, teacher can go through the whole lesson without any difficulty.)

## XII.

(Stride pos. sidew. and backw. with turns and kneeling—hand circles with steps sidew. and forw.—front hand circles with trunk bending sidew., flank hand circles with bending forw. and backward—follow hand circle rear of opp. shoulder and outside opp. shoulder.)

Starting position: arms bent, clubs in perpendicular position front of shoulders.

1. a) Stride sideward left with a  $\frac{1}{4}$  turn to the right and stride backward right—with a front double arm swing to the left to a position forward (after the turn) and tip the clubs on the forearms 1-! 2-!
- b)  $\frac{1}{2}$  turn to the right and kneel left—with a double flank  $\frac{1}{2}$  arm circle pass the right side to a position forward and tip clubs on the forearms (Fig. 62.) 3-! 4-!
- c) stretch the knees, stride forw. left with a  $\frac{1}{4}$  turn to the right and close heels with the right—with flank  $\frac{1}{2}$  arm circle pass the r. side to a position sideward right and tip the clubs on the forearms 5-! 6-!
- d) double front  $\frac{1}{2}$  arm circle to a position sideward left and double horizontal hand circle above the hands to a position sidew. right 7-! 8-!
- e) f) two side steps to the right with a double front arm swing downward to a position upward (once) and double hand circle rear of shoulders to the right three times 1-! 2-! 3-! 4-!

(Note: Arm swing simultaneously with stepping sideward right 1-! and double hand circle rear of shoulder on 2-!, when the left foot closes to the right. Simultaneously with the next step sidew. r. and closing with the l. 3-! and 4-! hand circles rear of shoulders twice.)

- g) again step sidew. right (5!) close with the left and bend trunk sideward right (6!) with a double front arm swing downward and front low hand circles to the right (5!) to a position sideward left (6!) 5-! 6-!
- h) straighten trunk and bend to left—with a double arm swing downward, front low hand circle to the left to a position sidew. right (Fig. 63.) 7-! 8-!

Follow swings and circles.)

2. a) Straighten trunk, and: with the left front arm swing downward to a position upward (1) follow with the r. arm swing downward to a position upward (2) with the left hand circle inward rear of left shoulder (3) follow with the right hand circle inward rear of left shoulder (4) 1! 2! 3! 4!
- b) with the left front large arm circle inward (1) follow with the right front large arm circle outward (2) with the left hand circle outward rear of right shoulder (3) follow with the right hand circle outward rear of right shoulder 1! 2! 3! 4!
- c) with the left front large arm circle inward (1) follow with the right large arm circle outward (2) with the left front upper hand circle inward (3) follow with the right front upper hand circle outward (4) 1! 2! 3! 4!
- d) with the left front arm swing inward to a position sidew. (1) with the right follow with the right front arm swing outward to a position sidew. left (2) with the left horizontal hand circle above the hand to a position sidew. right (3) follow with the right horizontal hand circle above the hand to a position sideward (4) 1! 2! 3! 4!
- e) f) g) repeat a) b) c)
- h) with the left front arm swing inward (1) follow with the

right front arm swing outw. (2) bend the left (3) bend the right (4) 1! 2! 3! 4!

3. a) Stride sideward right with a  $\frac{1}{4}$  turn to the left and stride backward left—with a front double arm swing to the right to a position forward (after the turn) and tip the clubs on the forearms 1-! 2-!

- b)  $\frac{1}{2}$  turn to the left and kneel right—with a double flank  $\frac{1}{2}$  arm circle pass the l. side to a position forward and tip the clubs on the forearms (see Fig. 46.) 3-! 4-!



- c) straighten knees, stride forward right with a  $\frac{1}{4}$  turn to the left and close with the left—with a double flank  $\frac{1}{2}$  arm circle forw. pass the l. side to a position sideward left and tip the clubs on the forearms

- d) 7-! 8-! double front  $\frac{1}{2}$  arm circle to a position sideward right and double horizontal hand circle above the hands to a position sideward, left 7-! 8-!

- e) f) two side steps to the left with a double front arm swing to the left to a position upward (once) and double hand circle rear of shoulders to the left three times 1-! 2-! 3-! 4-!

- g) step sidew. left (5-!) close with the right nad bend the trunk sideward left (6!) with a double front arm swing to the left, double front low hand circle to the left to a position sidew. right (see Fig. 63.) 5-! 6-!

- h) straighten trunk and bend sidew. right with a double arm swing downward, double front low hand circle to the right to a position sidew. left 7-! 8-!

## (Follow arm swings and circles.)

4. Straighten trunk and with the right front arm swing downward to a position upward (1) follow with the left front arm swing downward to a position upward (2) with the right hand circle rear of r. shoulder inward (3) follow with the left hand circle rear of r. shoulder inward 1! 2! 3! 4!
- b) with the right front large arm circle inward (1) follow with the left front large arm circle outward (2) with right hand circle rear of left shoulder outward (3) follow with the left hand circle rear of left shoulder outward (4) 1! 2! 3! 4!
- c) with the right front large arm circle inward (1) follow with the left front large arm circle outward (2) with right front upper hand circle inward (3) follow with the left front upper hand circle outward (4) 1! 2! 3! 4!
- d) with the right front arm swing inward to a position sideward (1) follow with the left arm swing outward to a position sidew. right (2) with the right horizontal hand circle above the hand to a position sidew. left (3) follow with the left horizontal hand circle above the hand to position sideward (4) 1! 2! 3! 4!
- e) f) g) repeat a) b) c)
- h) with the right front arm swing inward (1) follow with the left outward (2) bend the right (3) bend the left (4) 1! 2! 3! 4!
5. a) Stride backward left and make  $\frac{1}{2}$  turn to the left—with a double flank arm swing forward pass the left side to a position forw. (after the turn) and tip the clubs on the forearms 1-! 2-!
- b) stride forw. right, with  $\frac{1}{2}$  turn left and kneel right—with a double flank  $\frac{1}{2}$  arm circle forw. pass the l. side to a position forw. (after the turn) and tip clubs on the forearms (Fig. 64.) 3-! 4-!
- c) stretch the knees with a  $\frac{1}{2}$  turn to the right and a double flank  $\frac{1}{2}$  arm circle pass the right side to a position forward (after the turn) and tip clubs on the forearms 5-! 6-!
- d) stride forw. left with a  $\frac{1}{2}$  turn to the right and close heels with the right—with a flank  $\frac{1}{2}$  arm circle forw. pass the r.

side to a position forward (after the turn) and tip the clubs on the forearms 7-1 8-1

- e) f) three steps forw. closing the heels on the 4th count with double flank hand circle outside the arms four times (one circle with each step and 4th circle simultaneously with closing the heels 1! 2! 3! 4!
  - g) double flank hand circle forw. outside the arms (5!) double flank  $\frac{1}{2}$  arm circle to a position backward and bend the trunk forward (6-1) 5-1 6-1
  - h) straighten trunk with a  $\frac{1}{2}$  double  $\frac{1}{2}$  arm flank circle to a position forward, double flank hand circle outside the arm backward (7-1) swing the clubs rear of shoulders downward and bend the trunk backward (8-1)—elbows in position sideward 7-1 8-1
6. a) Straighten trunk and: with the left flank large arm circle forward (1) follow with the right flank large arm circle forw. pass the left side (2) with the left flank hand circle forw. outside the r. shoulder (3) follow with a flank hand circle forw. outside the r. shoulder (4) 1! 2! 3! 4!
- b) after the flank hand circle the right continues flank large arm circle forward, (1) follow with the left flank large arm circle forw. pass the right side (2) with the right flank hand circle forw. outside the left shoulder (3) follow with the left flank hand circle forw. outside the l. shoulder (4) 1! 2! 3! 4!
- c) after the hand circles—left continues: flank large arm circle forw. (1) follow with the right flank large arm circle forw. (2) with the left flank hand circle forw. outside the bent l. arm (3) follow with the right flank hand circle forw. outside the bent r. arm (4) 1! 2! 3! 4!
- d) with the left flank large arm circle forw. pass the right side (1) follow with the right flank large arm circle forw. pass the left side (r. arm over left) (2) with the left flank hand circle forw. outside the left arm (3) with the right flank hand circle forw. outside the right arm (4) 1! 2! 3! 4!
- e) f) g) repeat a) b) c)
- h) repeat d)—flank arm circles only and on the last two counts bend the left (3) bend the r. (4) 1! 2! 3! 4!

(Note: The left club leads in all the ex. except b) and f)

7. a) Stride backward right,  $\frac{1}{2}$  turn to the right — with a flank double arm swing forw. pass the right side to a position forw. (after the turn) and tip the clubs on the forearms  
1-! 2-!
- b) stride forw. left with  $\frac{1}{2}$  turn to the right and kneel left— with a double flank  $\frac{1}{2}$  arm circle forw. pass the right side to a position forw. (after the turn) and tip the clubs on the forearms  
3-! 4-!
- c) stretch the knees with a  $\frac{1}{2}$  turn to the l. and with a flank double  $\frac{1}{2}$  arm circle forw. pass the left side to a position forward (after the turn) and tip clubs on the forearms  
5-! 6-!
- d) stride forw. right with  $\frac{1}{2}$  turn to the left and close with the left—with a double flank  $\frac{1}{2}$  arm circle forward pass the left side to a position forward (after the turn) and tip clubs on the forearms  
7-! 8-!
- e) f) three steps forward, closing with the right on 4th count with double flank hand circle outside the bent arms four times (see note above)  
1-! 2-! 3-! 4-!
- g) h) repeat 5. g) h) 5-! 6-! 7-! 8-!
8. a) straighten trunk and: with the right flank large arm circle forward (1) follow with the left large arm circle forw. pass the r. side (2) with the right flank hand circle forward outside the l. shoulder (3) follow with the left flank hand circle forw. outside the l. shoulder (4)  
1! 2! 3! 4!
- b) with the left flank large arm circle forw. (1) follow with the right flank large arm circle forw. pass the l. side (2) with the left flank hand circle forw. outside the r. shoulder (3) follow with the right flank hand circle outside the r. shoulder (4)  
1! 2! 3! 4!
- c) with the right flank large arm circle forw. (1) follow with the left flank large arm circle forw. (2) with the right flank hand circle forw. outside the r. bent arm (3) follow with the left flank hand circle forw. outside the l. bent arm (4)  
1! 2! 3! 4!



(64.)

- d) with the right flank large arm circle forw. pass the left side  
 (1) follow with the left flank large arm circle forw. pass the  
 r. side (l. arm over right) (2) with the right flank hand  
 circle forw. outside the right arm (3) follow with the left  
 flank hand circle forw. outside the left arm (4) 1! 2! 3! 4!
- e) f) g) repeat a) b) c)
- h) repeat d) flank arm circles only and on the last two counts  
 bend the right (3) bend the left (4) 1! 2! 3! 4!
- (Note: The right club leads in all the ex. except b) and f)
-

## **PART V.**

### **"Club drills" for exhibitions:**

- a) Drill with one club for beginners (boys and girls.)
- b) Club drill for women (advanced.)
- c) Club drill for men (advanced.)

**Suggestions for "marching to places" and "taking distance" for club exercises.**





**I**N arranging a "Club Drill" for Exhibition we must take into consideration the number of participants and also the ability of the weaker ones. Every experienced teacher knows, that for a larger number of pupils taking part he must select such exercises the elements of which have been mastered in previous lessons, for all he has to do then is to arrange those elements into harmonious, pleasing combinations without taxing the memory of the pupils to any great extent. The lessons in Part I. contain enough material for "Exhibition Drills" for if we alternate the swinging ex. with calisthenics, then repeat the same as dissimilar ex., we shall be able to present a pleasing drill even with a class of beginners, who have mastered only a few hand circles, not forgetting the physiological benefit, which the participants should derive from the oft repeated practice for exhibition. If we neglect this, the time spent on the exhibition drills is wasted.

Many of the lessons in Part III. and IV. may be arranged for exhibition drills the same way for more advanced classes. Some of the club exercises are combined with steps, turns, knee and trunk bending and if we arrange the drill as suggested above, we can get a number of suitable exercises, and not waste much valuable time in preparations, provided the participants became well acquainted with those exercises in their regular class work.

The following three drills are presented here for exhibition purposes: a) drill with one club for a larger number of beginners, boys and girls (those who have mastered three hand circles only) b) drill for a limited number of women (advanced) and c) drill for a limited number of men (advanced.)

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# I. Drill With One Club.

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For beginners — boys and girls.

(Arranged by the author for a class of lower Juniors for a Public Demonstration at the American College of Physical Education Feb. 1915.)

In marching to places, the participants carry club in right hand (either on shoulder or with r. arm bent in rear inward), the left arm at side. After taking places in "open order", on a given command, or during the introduction on a given count, raise the club to starting position: r. arm bent, club in perpendicular position front of shoulder; left arm bent in rear inward, (resting on small of back.)

Musical accompaniment: waltz, one count to one measure.

The drill is executed from beginning to the end without any interruption, unless a teacher wishes to arrange a "tableaux" between different parts.

The participants are arranged as follows:

o	l	o	l	o	l	o
o	l	o	l	o	l	o
o	l	o	l	o	l	o
o	l	o	l	o	l	o
Girls	Boys	Girls	Boys	Girls	Boys	Girls

With a large number of pupils, we may have columns of twos or columns of fours in place of files.

(Suggestion: Teach the girls and boys separately and then one or two rehearsals together will suffice to have them prepared for exhibition.)

## I.

Altogether:

1. a) Front small r. arm circle outward twice 1-4!
- b) front arm swing outward to a position sidw. left and tip the club on the forearm—front  $\frac{1}{2}$  arm circle to a position sidward and tip club on the forearm 5-8!
- c) front arm swing downward to a position upward and front upper hand circle outward (Fig. 65)—front large arm circle outward and a hand circle rear of shoulder outward 9-12!
- d) front large arm circle outward, repeat front upper hand circle outward and with an outward swing change club from right to left hand and bend right arm in rear inward 13-16!
2. repeat 1. a) b) c) d) with the left outward 1-16!
3. repeat 1. with the right inward 1-16!
4. repeat 1. with the left inward and on the last count grasp the club in front with both hands (the knob in left, base in r. hand (Fig. 66.) 1-16!
5. lunge forw. left and raise club on chest 1!  
bend trunk forw., and extend arms forward 2! reverse 3-4!  
repeat, lunging right 5-8! 1-8!
6. lunge backward left and raise the club on chest 1! bend trunk backward and extend arms upw. 2!  
reverse 3-4! repeat, lunging right 5-8! 1-8!
7. lunge sidw. left and raise club upw. 1! bend trunk sidw. left and lower club back of head, elbows sidw. 2! reverse 3-4! repeat to the right 5-8! 1-8!
8. bend knees slowly and raise club upward 1-4! stretch the knees slowly, lower club and on the last count raise it to starting pos. left and bend right arm in rear inward 1-8!



(In bending the knees raise the club upward simultaneously so that when we come to deep knee bending position, club reaches the highest point above the head—stretch the knees and lower club slowly and on the last count raise to starting pos.)

## II.



(66.)

1. a) two side-steps to the left with front small arm circle outward twice 1-4!
- b) front arm swing outward to a position sidew. right, tip the club on the forearm and bend trunk sidew. left—straighten trunk with a front  $\frac{1}{2}$  arm circle to a position sideward, tip the club on the forearm and bend the trunk sidew. right 5-8!
- c) straighten trunk with a front arm swing outward to position upward and: front upper hand circle outward with raising and lowering the heels—front large arm circle outward and hand circle rear of shoulder outward with bending and stretching the knees 9-12!
- d) front large arm circle outward and a front upper hand circle outward with raising and lowering the heels and with an outward swing change club from l. to the r. hand and bend left arm in rear inw. 13-16!
2. a) repeat 1. a) to the right 1-4!
- b) repeat 1. b) with trunk bending sidew. right (5! 6!) and then left (7! 8!) (Fig. 67.) 5-8!
- c) d) repeat 1. c) d) right and on the last 2 counts with an outw. swing change club from r. to the left hand 9-16!
3. a) two follow steps forw. with two front small arm circles inward twice 1-4!
- b) front arm swing inward to a position sideward, tip the club on the forearm and bend trunk forward—straighten trunk with a front  $\frac{1}{2}$  arm circle to a position sidew. right (front of

chest), tip the club on the forearm and bend the trunk backward 5-8!

c) repeat 1. c) inward 9-12!

d) repeat 1. d) inward and on the last 2 counts with an inward swing change club from l. to the right hand 13-16!

4. repeat 3. a) b) c) d) with the right inward but in ex. a) two follow steps backward, in ex. b) bend trunk backward and then forward and on the last count grasp the club with both hands in front, the knob in r. and the base in the l. hand 1-16!

#### Girls:

5. Walk. forw. 3 steps, closing the heels on the 4th count, with placing the club on chest, extend arms forw., replace on chest and lower 1-4! with 4 steps in place  $\frac{1}{4}$  turn (l. or r. see note below) 1-8!

(Note: The girls next to the centre file turn inward—toward the centre—the girls in the outer files turn outward—r. to the r., left to the left.)

#### Girls:

6. Repeat 5. with arm extension upward and with 4 steps in place  $\frac{1}{4}$  turn same direction.

7. 8. repeat 5. and 6. thus coming to the original places. Keep clubs in both hands in front.

#### Boys:

5. Walk forw. 3. steps closing heels on the 4th, with placing the club on chest, extend arms upw., replace on chest and lower 1-4! with 4 steps in place  $\frac{1}{2}$  turn left 1-8!

#### Boys:

6. repeat 5. with arm extension forw. 1-8!

7. 8. repeat 5. and 6., with  $\frac{1}{2}$  turns to the right and on the last count raise club to start pos. right 1-8!

## III.

## Girls:

1. Stride pos. sidew. left (r.) and place club on chest 1-2!  $\frac{1}{4}$  turn l. (r.) kneel on the r. (l.) knee and extend arms forw. (Fig. 68.) 3-4! reverse 5-8!

2. repeat 1. contrarywise, but on the last count raise club to starting pos., right and bend the l. arm in rear 1-8!

(Note: The inner files start inward—toward the centre file—the outside files start outward.)

3. and 4. repeat boys ex. (club swinging) 1. and 2. and on the last count grasp the club with both hands in front 1-16!

5. stride backward left and raise the club on chest 1-2!  $\frac{1}{2}$  turn to the left, kneel on r. knee and extend arms upward 3-4! reverse 5-8!

6. repeat, but stride backw. right,  $\frac{1}{2}$  turn right, kneel on the l. knee and on the last count raise club to start. pos. left 1-8!

## Boys:

1. a) front r. arm swing outw. to a pos. upw. and front upper hand circle outw. —front large arm circle outw. and hand circle outw. rear of shoulder 1-4!

b) front r. arm swing outw. to a position sidew. left, horizontal hand circle above the hand to a pos. sidew. and with an outward swing change club to the left hand 5-8!

2. repeat 1. a) b) outw. left and on the last count grasp the club with both hands in front 1-8!

3. and 4. repeat the girls' ex. 1. and 2. (kneeling) and on the last count raise club to start. pos. left 1-16!

5. repeat the club swinging  
1. a) b) r. inward 1-8!

6. repeat ex. 2. a) b) l. inward and on the last count grasp the club in front with both hands 1-8!

7. and 8. repeat the boys' ex. 5 and 6. (swinging inward) and on the last count grasp the club in front with both hands  
1-16!

7. and 8. repeat the girls' ex. 5 and 6 (stride backw.),  $\frac{1}{2}$  turns and kneeling, and keep the clubs in front  
1-16!

## IV.

## Girls:

1. Outer files: lunge forw. left, club on chest 1! bend forw. and extend arms forward 2! reverse 3-4! repeat lunging with the right 1-8!

2. walk forw. 3 steps, closing heels on 4. with placing club on chest, extend arms forw., replace and lower 1-4! with 4 steps in place  $\frac{1}{2}$  turn left 1-8!

3. and 4. repeat 1. and 2. and on the last count bend arms in rear inward, holding the club under right arm. (Ex. 1. 2. 3. and 4. 32 counts)

(The inner files, next to centre—repeat the same, but on the first 8 counts begin with marching forw. and with 4 steps in place  $\frac{1}{2}$  turn left—in the second 8 counts lunging and bending trunk. Repeat and on the last count bend both arms in rear inward, with club under the r. arm.

## Boys:

1. hop to side-straddle pos. and place club on chest 1-4! bend trunk forw. and extend arms forward 5-8! reverse 9-16!

2. hop to side-straddle pos. and raise club on chest 1-4! bend the trunk backward and extend arms upward 5-8! reverse 9-16! and on the last count raise club in starting position right, and bend the left arm in rear inward. (Ex. 1. and 2. 32 counts.)

3. and 4. repeat the clubs swinging III. 1. 2. 5. and 6. outward r. and l. and inward right and left 32 counts, and on the last count lower arms to sides, club in the left hand 32 counts.

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## Girls:

5. Balancing step left and right in place 1-4! waltz hop in place 5-8!

Balancing step (l. and r.) forward 1-4! and two waltz hops in place with  $\frac{1}{2}$  turn to the left 1-16!

6. repeat 5. and on the last count raise the club in r. hand to start. pos. 1-16!

7. and 8. swing the boys' ex. 3. and 4. (r. and l. outward and r. and l. inward) 32 counts.

## Boys:

5. Lunge forw. left, club over the right shoulder to strike, r. arm backward, hand closed (Fig. 69) 1-4! lunge backward left, club back of head to strike, r. arm covers the chest (Fig. 70) 1-4! reverse 9-16! and on the last count change club to the right hand.

6. lunge forw. right, club over the r. shoulder to strike, l. arm backward hand closed (Fig. 71.) 1-4! place r. foot backw. and bend l. knee, with the club forw., l. arm covers the head (Fig. 72.) 5-8! reverse 9-16!

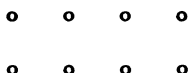
On the last count all place club on shoulder, ready for marching off—or a teacher may finish the drill with a final tableaux.

## II.

## Club Drill for Women.

(Arranged by the author for a Gymnastic Entertainment at the Medill High School, Dec., 1908.)

This drill was originally arranged for 8 participants, but may be arranged for 12, 16, 24, or 32.



Musical accompaniment — waltz: one count to one waltz measure. Starting position: arms bent, clubs front of shoulders.

\* \* \*

1. a) Stride sidew. left, cross the right foot in rear and bend the knees halfway (courtesy)—with a double front arm swing to the left to a position sidew. right and tip the clubs on forearms (Fig. 73.) 1! 2!
- b) repeat stride sidew. left, cross right foot in rear, bend knees and with the left club only: front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm, right remaining in position sidew. (Fig. 74.) 3! 4!
- c) stride sidew. left, cross right in front and a  $\frac{1}{4}$  turn to the left on toes (pirouette)—arms remaining in position sideward 5! 6!
- d) stride sidew. left, raise the right foot sidew., close to the left and with the right club only: simultaneously with the left stride swing downward to a position sidew. left ( $\frac{1}{2}$  arm circle) and with closing the heels, tip the club on the forearm 7! 8! (both are again in a position sidew. left.)
- e) double front arm swing downward to a position upward and double front upper hand circle to the left 9! 10!
- f) double front large arm circle to the left and double hand circle to the left rear of shoulders 11! 12!



(67.)

- g) double front large arm circle to the left and: with the left hand circle outw. rear of shoulder, with the right front upper hand circle inward 13! 14!
- h) double front large arm circle to the left, and: with the left, front upper hand circle outward, with the right: hand circle rear of shoulder inward 15! 16!
2. a) with the left: front large arm circle outward and front upper hand circle outward—with the right: front large arm circle inward twice 1! 2!
- b) with the left: front large arm circle outward twice—with the right: front large arm circle inward and front upper hand circle inward 3! 4!
- c) with the left: front large arm circle outward and a hand circle outward rear of shoulder—with the right: front large arm circle inward twice 5! 6!
- d) with the left: front large arm circle outward twice—with the right: front large arm circle inw. and a hand circle inward rear of shoulder 7! 8!
- e) with the left: front upper hand circle outw. and a front large arm circle outward—with the right: front large arm circle inward and front upper hand circle inward 9! 10!
- f) with the left: hand circle rear of shoulder outw. and a front large arm circle outward—with the right: front large arm circle inward and a hand circle rear of shoulder inward 11! 12!
- g) h) repeat e) f) 13-16!



(68.)

(Note: On the last count execute front arm swing outward to a position sidew. right with the left—and with the right a hand swing, i. e. unfinished hand circle inward to a position sideward. From the position sideward right repeat 1. and 2. contrarywise, as follows:

3. a) Stride sidew. right, cross left in rear and bend the knees half way, (courtesy) with a double front  $\frac{1}{2}$  arm circle to a position sidew. left and tip the clubs on the forearms 1! 2!  
 b) repeat stride sidew. right, cross the l. foot in rear—and with the right club only: front  $\frac{1}{2}$  arm circle to a position sideward and tip the club on the forearm (left remains in position sidew.) 3! 4!  
 c) stride sidew. right, cross left in front and a  $1/1$  turn to the right on toes (pirouette)—arms remaining in a position sideward 5! 6!  
 d) stride sidew. right, raise left foot sidew. and close to the right—with the left club only: front  $\frac{1}{2}$  arm circle to a position sidew. right and tip the club on the forearm 7! 8!  
 e) f) repeat l. e) f) to the right 9–12!  
 g) double front large arm circle to the right, and: with the right hand circle outward rear of shoulder, with the left front upper hand circle inward 13! 14!  
 h) double front arm circle to the right—and: with the right front upper hand circle outward, with the left hand circle rear of shoulder inward 15! 16!  
 4. repeat 2. from a) to h) to the right, with the right outward and with the l. inward and finish the last circles to a position upward 1–16!  
 5. a) Stride forw. left, cross r. foot in rear and bend the knees half way—with a double front arm swing outward to a position arms crossed in front inward and tip the clubs on the forearms (Fig. 75.) 1! 2!  
 b) stride forw. right, cross the l. in rear and bend the knees half way—with a double front  $\frac{1}{2}$  arm circle to a position sideward and tip the clubs on the forearms 3! 4!  
 c) stride forw. left, follow with  $\frac{1}{2}$  turn to the right, arms remaining in a position sideward 5! 6!  
 d) cross right in rear and follow with a  $\frac{1}{2}$  turn to the right (on toes) to a position heels closed—and on the 8th count bend arms in front inward 7! 8!



- e) f) repeat 1. e f) with both inward 9-12!  
 g) h) repeat 1. g) h) with both inward 13-16!  
 6. repeat 2. from a) to h) changing the left outward circles to inward circles (both inward) 1-16!  
 7. a) stride backward right, cross the left foot in front and bend the knees half way—with a front double arm swing inward to a position sideward and tip the clubs on the forearms

1! 2!

- b) stride backw. left, cross r. in front and bend the knees—with a double front  $\frac{1}{2}$  arm circle to a position arms bent in front inward and tip the clubs on the forearms

3! 4!

- c) stride backward right and follow with  $\frac{1}{2}$  turn to the right—arms remaining in position 5-6!

- d) cross left foot in front, follow with  $\frac{1}{2}$  turn to the right (on toes) to a position heels closed and on the 8th count move arms to a position sideward 7! 8!

- e) f) repeat 5. e) f) both outward 9-12!

- g) h) repeat 5. g) h) both outward 13! 16!

8. repeat 6. from a) to f) (outward) and on the 12th count lower clubs to sides 1-12!

- g) h) on the last 4 counts girls form flank circle, odd numbers facing even numbers, (like in "grand right and left") 13-16!



(70.)

9. Execute the "grand right and left" as follows: raise the right club sidew. obliquely upward, crossing the necks of the clubs, the left sidew. obliquely downward and walking forward with a graceful step in waltz time, evade to the left. Lower right club by a backward swing to a position side-downward, raise the left side upward, cross the left clubs and evade to the right. Continue evading left and right until all return to their original places (on the 16th count) where they lower clubs to sides and face inward 1-16!  
 10. Facing the centre of the circle: lunge forward left, and raise clubs sidew. obliquely upward (crossing the necks of the clubs) 4 counts 1-4!

$\frac{1}{2}$  turn to the right, kneel left, and place the bases of the clubs on shoulders (arms bent) 5-8! stretch the knees and bend trunk forward, lowering the clubs downward, obliquely outward (necks crossed and the bases of the clubs resting on the floor) 9-12! straighten trunk, clubs at sides and with 4 steps in place form flank circle again, but facing opposite directions 1-16!

11. Repeat 9. evading first to the right and crossing the left club first, and, on reaching original places in a circle, on the 16th count, lower clubs to sides and face outward (backs toward the centre) 1-16!
12. Lunge forward right and raise clubs side-upward (oblique position) 1-4!  $\frac{1}{2}$  turn to the left, kneel right and place bases of clubs on shoulders (arms bent) 5-8! stretch knees, bend trunk backward and raise clubs side-upward (oblique pos.) 9-12! lower clubs at sides, march to original places in an "open order" and on the 16th count raise clubs to starting pos. 13-16!



(Note: 16 participants may form two circles, 24 three circles, 32 four circles, etc.

13. The outer files repeat group 1. from a) to h) outward—the left file (or files) to the left, right file (or files) to the right. The inner files repeat group 5., beginning with ex. e) f) g) h) (swinging) and finish with ex. a) b) c) d) (steps forw. and turns) 1-16!
14. The outer files repeat 1. from a) to g) inward (left file to the right, right file to the left) and on the last two counts h) assume position as explained below. The inner files repeat 7. but begin with ex. e) f) g) h) (swinging) and finish with ex. a) b) c) d) (steps backw. and turns) 1-16!

(71.)

(Note: Members of the outer files, omitting ex. h), assume the following positions: every first member makes one step backward and with a double arm swing — r. file to the left and left file to the right — bring the clubs to a position upward. Every 2nd member of the same files makes one step forward with  $\frac{1}{2}$  turn and with the same double arm swing bring the clubs to a position downward, at sides. Members of the r. file step forw. right with  $\frac{1}{2}$  turn to the left and close with the l. foot, members of the left file step forw. left with  $\frac{1}{2}$  turn to the right and close with the right. This brings the 1st and 2nd member close together, back to back, 1st member facing forw. with clubs in a position upward, 2nd member facing backward, with clubs in a pos. downward.)



(72.)

15. Members of the outer files, standing back to back: 1st members from a position upward swing slowly front double large arm circle outward, (Fig. 76.) in 4 counts: (1-4!) repeat front double large arm circle outw. in 2 counts (5-6) and double front large arm circle twice in "quick tempo", each circle on one count and finish in a position upward (7! 8!) From the upward position lower clubs to a horiz. pos. sideward 9! bend trunk sidew. left, arms in sidew. pos. 10! (Fig. 77.)—straighten trunk 11! raise clubs to a position upw. 12!

lower clubs to a horiz. pos. sideward 13! bend trunk sidew. right 14! straighten trunk 15! lower clubs to sides 16! 2nd members of the same file: In the same tempo swing front double large arm circles inward (starting sidew. and upw. (see Fig. 76.) 1-8! raise clubs sideward 9! bend sidew. left (see Fig. 77) 10! straighten trunk 11! lower clubs 12! raise clubs to a pos. sidew. 13! bend trunk sidew. right. 14! straighten trunk 15! raise clubs to a position upward 16! At the same time the inner files swing Group 6.a) to h), lesson XII. Part III.

(Note: Swinging the first front double front large arm circle in 4 counts, the clubs return to starting pos. on 4th count—second circle on 6th count, and last 2 circles each in one count. The clubs pass each other in a position sideward.)

16. Outer files repeat 15., but 1st members swing arm circles from a downward position inward and 2nd member from a pos. upw. swing the arm circles outw., bending trunk the same and on the last 2 counts 1st, one step forw. to their original places, 2nd also one step forw. with  $\frac{1}{2}$  turn. Members of the left file, step forw.

r. with  $\frac{1}{2}$  turn left, members of the r. file step forw. left with  $\frac{1}{2}$  turn right and all raise clubs to starting pos. 1-16:

At the same time the inner files swing Group 8. a) to h). Lesson XII. Part III. (inward), omitting the last ex. h) and on the last two counts take the position back to back as explained above 1-16

17. Outer and inner files change off ex. 15. 1-16

18. Outer and inner files change off ex. 16, and the members of inner files resume their original places as explained above 1-16!

19. Members of the front rank 2 steps sideward left (r.) and the members of the second rank 3 steps forward, closing heels on 4. This brings them all into one rank 1-4! extend arms upward 5-6! lower trunk forward and stand clubs up on the floor 7-8! raise the trunk arms upward 9-10! place hands on hips 11-12! members of the second rank 3 steps backward, closing heels on 4 and members of the front rank 2 steps sidew. right (l.) 13-16! 1-16!



(Note: First 4 counts brought all the participants into one rank. After placing clubs on the floor, the last 4 counts brought them all back to their original places in "open order"—clubs standing in front of them. (Fig. 78.)



20. Insert here some combinations of steps in waltz time or some short waltz dance. This ex. is left to the ingenuity and taste of the teacher.
21. After the dance: members of the front rank 2 side steps to the left (r.) and members of the second rank 3 steps forw., closing on 4th count 1-4! extend arms upw. 5-6! lower trunk forw. and grasp the clubs 7-8! raise the trunk, arms upw. 9-10! bend arms to starting position 11-12! members of the front rank 2 sidesteps to the right (l.) and members of the second rank 3 steps backw. 13-16! 1-16!



(74.)

(This brought them again to their original places in "open order.")

22. a) Four gallop steps sidew. left—with a double front arm swing to the left to a position upward and follow with front double large arm circle to the left (quick tempo) three times 1! 2! 3! 4!

(Note: Step sidew. left and strike the l. foot off the floor quickly to a pos. sidew., one arm swing or one large arm circle simultaneously with each step. Clubs are in a position downward when the left foot is stepping sidew., and while both feet are momentarily off the

floor, the clubs are in position upw.

- b) step sidew. left, with a double front arm swing to the left to a position sidew. right (5!) close the right to the left, and swing double horizontal hand circle above the hands to a position sidew. left (6!) front  $\frac{1}{2}$  arm circle to a position sidew. right (7!) and tip clubs on the forearms (8!) 5! 6! 7! 8!
- c) stride sidew. left, with a hop on the left make a  $\frac{1}{4}$  turn to the left, and swing the right foot to a position forward—with a double front  $\frac{1}{2}$  arm circle to a position forw. (after the turn) and tip the clubs on the forearms (Fig.79.) 9! 10! stride forw. right and with a hop on the r. foot

make  $\frac{1}{2}$  turn to the left, finishing the turn with the l. foot in a position forw., (11!) then move the left foot quickly backw. and kneel on the l. knee (12!) with a double flank  $\frac{1}{2}$  arm circle pass the left side to a position forw. (after the turn) (11!) and tip the clubs on the forearms (12!)

9-12!

- d) in kneeling position, flank double hand circle forward four times: outside the left shoulder (13!) outside the r. shoulder (14!) outside the arms (15!) inside the arms (16) 13-16!
23. a) stretch the knees, stride forw. left foot (1!) and follow with  $\frac{1}{2}$  turn to the right (2!) with a double flank  $\frac{1}{2}$  arm circle forw. pass the r. side to a position forw. (1!) (after the turn) and tip the clubs on the forearms (2!) 1! 2!
- b) stride backward right with a  $\frac{1}{4}$  turn to the right and close with the left (to fund. pos.) with a double flank  $\frac{1}{2}$  arm circle pass the r. side to a position sidew. right (after the turn) and tip the clubs on the forearms 3! 4!
- c) d) double front arm swing to the right to a position upw. (5!) and: double front upper hand circle to the right (6!) double hand circle to the right rear of shoulders (7!) turn the trunk to the right and double flank hand circle forw. outside the arms (8!) 5-8! (75.)
- e) return trunk with a double front arm swing to the r. to a position upward and double front upper hand circle to the right 9! 10!
- f) double front large arm circle to the right and double hand circle to the right rear of shoulders 11! 12!
- g) double front arm swing to the right to a position sidew. left and double horizontal hand circle above the hands to a position sidew. right 13! 14!
- h) double front arm swing to the right (with r. rear of body) and double hand circle to the right rear of hips 15! 16!
24. a) double front arm swing to the right, to a position upward



- and: with the right hand circle outw. rear of shoulder, with  
the left, front large arm circle inward 1! 2!
- b) with the right: front large arm circle outward twice—with  
the left: front large arm circle inward and a hand circle rear  
of shoulder inward 3! 4!
- c) with the right: arm swing outward (rear of body) and a  
hand circle outward rear of hip—with the left large arm  
circle inward twice 5! 6!



(76.)

- d) with the right: front large arm circle outward twice—with  
the left: front arm swing inward and a hand circle inward  
rear of hip 7! 8!
- e) f) g) h) repeat a) b) c) d) 9-16!
25. Repeat 22. contrarywise 1-16!
26. Repeat 23. contrarywise 1-16!
27. Repeat 24. contrarywise (left outward, right inward) 1-16!
28. Finish with a tableaux.

## III.

**Club Drill for Men.**

(Arranged by the author for a Gymnastic Demonstration on "Freshmen day" at Medill High School, June 1906.) Somewhat amplified for the book.

This drill was originally arranged for 16 boys, but may be arranged for 32 or 64, two or four groups, 16 men in each.



(77.)

The club exercises are alternated with fancy marching in "double time". In marching, execute one step on each note, or 4 steps in one measure: Club exercises 1-4! one movement in one measure 1-! 2-! two swings or circles in one measure 1! 2! 3! 4! four swings or circles in one measure.

March on toes, with a slight heel and knee raising.

During the march participants carry clubs, with arms bent backw. inward (Fig. 80.) Finishing the march with three stamps on the last measure, they raise the clubs to starting position and after the

club ex., bend arms in rear inward and press the clubs gently to the sides.

Musical accompaniment "schottische."

The music for this drill was specially arranged—each marching part contains 24 measures, club swinging part 32 measures except part b) which contains also 24 measures and the last part j), which contains 48 measures.

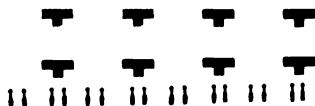
The participants march in a single file. On a given command "mark time", face forw. and halt. Music plays 8 or 16 measures introduction, after which all start forw.

#### a) Marching.

1) Front rank 4 steps forw., with 4 steps in place  $\frac{1}{2}$  turn to the left, 4 steps forw. and with 4 steps in place  $\frac{1}{2}$  turn to the left 4 measures.

2) the odd ranks of "twos" wheel in a circle to the left (8 steps) and then 8 steps forw.,—even "ranks of twos" 4 steps forw., wheel in a circle to the left and 4 steps forw. (Fig. 81.) 4 m.

3) all ranks of twos: wheel in a circle to the left, (8 steps)  $\frac{1}{2}$  wheel to the right (4) and 4 steps in place 4 m.



(78.)

4) repeat 2) the "even ranks of twos" begin with the wheeling, and "the odd ranks of twos" start with 4 steps forw. 4 m.

5) repeat 3) 4 m.

6) repeat 1) and make the last turn with three stamps at the same time raising the clubs to start. pos. 4 m.

#### b) club ex.

1) lunge forw. left and raise clubs sidew. obliquely upw.—arms crossed) 1-4! change position of knees, bend trunk forw. and lower clubs forw. 1-4! reverse 5-8! 4 m.

- 2) repeat, lunging right 4 m.
- 3) lunge backw. left raise clubs sidw. obliq. upw. — arms crossed 1-4! change pos. of knees, lower clubs side-backward and bend trunk backw. 1-4! reverse 5-8! 4 m.
- 4) repeat 3) lunging right 4 m.
- 5) the odd numbers  $\frac{1}{4}$  turn left—even numbers  $\frac{1}{4}$  turn right (facing each other), lunge sidw. left and raise clubs horizontally sideward 1-4! change position of knees, and bend trunk sidw. left (r. arms crossed) 1-4! reverse 5-8! 4 m.
- 6) repeat 5) contrarywise 4 m.

### c) Marching.

1) The first and the last "ranks of twos" wheel in a circle outward (the left to the l., r. to the r.) and 8 steps forw.—next "ranks of twos"—2 steps forward, wheel in a circle (l. to the l., r. to the r.) and 6 steps forw.—third "ranks of twos" from the end 4 steps forw., wheel in a circle outw. and 4 steps forw.—the 4th or the middle ranks of twos 6 steps forw., wheel in a circle outw. and 2 steps forward (Fig. 82.) 4 m.

2) repeat ex. a) 3. 4 m.

3) The middle two "ranks of twos" wheel in a circle outward, and 8 steps forw.—the next 2 ranks of twos 2 steps forw., wheel in a circle outward and 6 steps forw.—The next to the ends 4 steps forw., wheel in a circle outward and 4 steps forw. the end "ranks of twos" 6 steps forw., wheel in a circle outward and 2 steps forw. 4 m.

4) repeat a) 3. 4 m.

5) ranks of 8— $\frac{1}{2}$  wheel inward (8 steps) with 4 steps in place,  $\frac{1}{2}$  turn to the left, (Fig. 83.) and 4 steps in place 4 m.

6) ranks of 8—2 steps forw., 2 steps in place and open ranks for club ex., (6 counts) 2 steps in place and with 3 stamps members of the left rank  $\frac{1}{4}$  turn right, members of the right rank  $\frac{1}{4}$  turn left (Fig. 84.) 4 m.



(79.)

(Note: After the ranks of 8—standing back to back—make 2 steps forw., and 2 steps in place (1! 2! 3! 4!)—each rank opens for the ex. as follows: No. 3 start on 5th count, make 6 steps forw., 2 steps in place (12!) and in the last measure with 3 stamps face forw. No. 2 start on 7th count, 4 steps forw. (10!) 2 steps in place (12!) and in the last measure face forw. with 3 stamps. No. 4. start on 9th count, 2 steps forw. (10!) 2 steps in place (12!) and in the last measure with 3 stamps face forw. No. 1. remain in places, mark time from 5 to 12 and during the last measure face forw. with the rest. (Fig. 84.) There should be more space between Nos. 1. then is shown on the drawing.)



(80.)

## d) Club ex.

- 1) swing group 1. Lesson VI. Part IV. (from a) to h) to the left 8 m.
- 2) the same lesson group 2. (to the right) 8 m.
- 3) the same lesson group 3. outward 8 m.
- 4) the same lesson group 4. inward 8 m.

## e) Marching.

- 1) with 4 steps in place  $\frac{1}{4}$  turn outward (l. to the left, r. to the right) close ranks forw. (6 steps and 2 steps in place), and with 4 steps in place  $\frac{1}{2}$  turn to the left 4 m.

(Note: In closing No. 1. starts first (on 5th count) then No. 4. together with 1. (on 7th count) and finally No. 2. together with 1. and 4. (on 9th count) No. 3 mark time 5-12.)

- 2) ranks of 8 six steps forw. and 2 steps in place (8) ranks of twos wheel in a circle to the left (8) 4 m.

(Now the ranks of 8 are 4 paces apart, facing inward.)

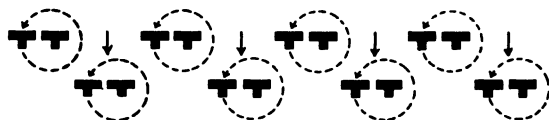
- 3) form star as follows: left "ranks of four"  $\frac{1}{4}$  wheel to the right and right "ranks of four" 4 steps forward (Fig. 85.) after forming a star, 4 steps in places and ranks of twos wheel in a circle to the right 4 m.

- 4) wheel in a star to the left (16 steps) 4 m.

- 5) outer "ranks of twos" run in a  $\frac{1}{2}$  circle to the left (8 steps)

and then wheel in a circle to the right (8 steps). Inner "ranks of twos" wheel in a circle to the right around the common centre, (4 steps), 4 steps in place, and then  $\frac{1}{2}$  wheel in "star of twos" to the left (8 steps) thus joining outer "ranks of twos" and forming again a star of fours

4 m.



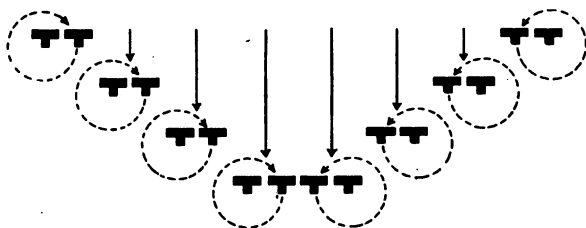
(81.)

6) ranks of  $4\frac{1}{2}$  wheel to the right (8) and with the last step  $\frac{1}{4}$  turn to the left. First (outer) member 3 short steps forw., closing on 4, the last (inner) 3 steps backw.—2nd one step forw. and 3rd one step backw.—all three stamps in the last measure (open star formation Fig. 86.)

4 m.

## f) club ex.

Swing groups 1. 2. 3. 4. Lesson VIII., Part IV. 32 m



(82.)

## g) Marching.

1) close ranks: 2nd backw. and 3rd forw. (one step) 1st backw. and 4th forw. (3 steps) and with 4 steps in place  $\frac{1}{4}$  turn to the r. (8)

4 m.

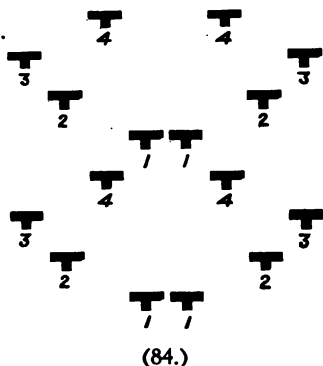
2) wheel in a star to the left

4 m.



3) repeat 5. e) thus coming to the original places in a star 4 m.

4) With 4 steps in place  $\frac{1}{2}$  turn to the right—and form ranks of 8 as follows: left rank of 4  $\frac{1}{4}$  wheel left, right ranks of 4 4 steps forw. (4) (Fig. 87.) 4 steps forward and with 4 steps in place  $\frac{1}{2}$  turn to the left 4 m.



(Ranks of 8 now stand face to face with 8 steps distance between.)

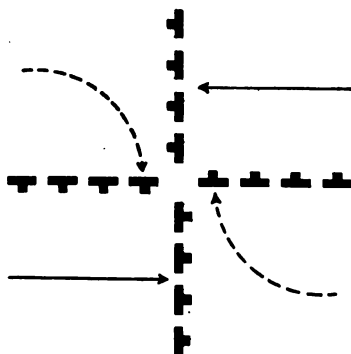
5) both ranks 4 steps forw.—with 4 steps in place,  $\frac{1}{2}$  turn left—4 steps forw. and with 4 steps in place  $\frac{1}{2}$  turn to the left 4 m.

6) r. and l. end of each rank of 8 run forw. so as to form a circle of 16 and see that the distance between the participant is (2) paces, (8 counts)—with 4 steps in place  $\frac{1}{2}$  turn to the left or r. (facing outw.) and in the last measure stamp 3 times 4 m.

## h) Club ex.

In a circle formation, facing outward, swing groups 5., 6., 7., and 8. of Lesson XII. Part IV. in the following order:

- 1) even numbers group 5., odd numbers group 6.
- 2) even numbers group 6., odd numbers group 5.
- 3) even numbers group 7., odd numbers group 8.
- 4) even numbers group 8., odd numbers group 7.



(85.)

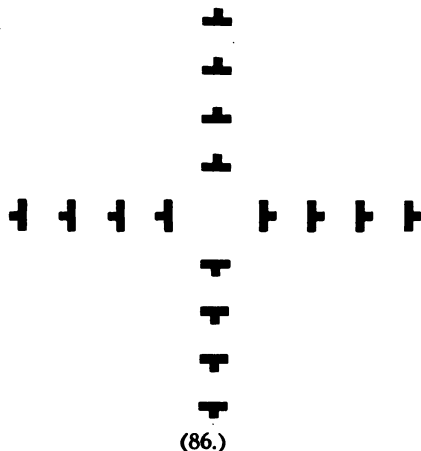
## i) Marching.

1)  $\frac{1}{4}$  turn left and close into one rank of 16 and face forw. (in original places.) 4 m.

2) 3) the first rank of fours from the right end wheel in a circle to the r., (16 steps) 12 steps forw. and with 4 steps in place  $\frac{1}{2}$  turn to the left. Second rank of fours 4 steps forw., wheel in a circle to the r., 8 steps forw. and with 4 steps in place  $\frac{1}{2}$  turn left.— 3rd rank of fours 8 steps forw., wheel in a circle to the r., 4 steps forw. and with 4 steps in place  $\frac{1}{2}$  turn to the left—4th rank of fours, 12 steps forw., wheel in a circle to the r., and with 4 steps in place  $\frac{1}{2}$  turn to the left (Fig. 88) 8 m.

4) 5) repeat 2) and 3) from the opp. end with wheeling to the left 8 m.

6) form in front, right oblique (Fig. 89.) 4 counts. Open for club swinging: 1st starts forw. on the 5th count, and makes 6 steps forw. (5-12) 2nd starts on 7, makes 4 steps forw. (7-12) and 3rd starts on 9 and makes 2 steps forw. (9-12) During the last measure all 3 stamps! 4 m.



#### j) Club ex.

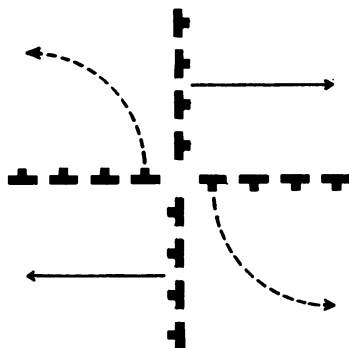
- 1) All repeat group 1. a) b) c) d) Lesson XII. Part IV. 1-8!
- e) from the position arms sidew. right—front arm swing downward, front, low hand circle to the right to a position sidew. left and bend trunk sidew. right 1-! 2-!
- f) straighten trunk—with front double arm swing downward, front low hand circle to the left to a position sidew. right and bend trunk sidew. left 3-! 4-!
- g) straighten trunk with a double front arm swing downward to a position upward and double hand circle to the right rear of left shoulder 5-! 6-!
- h) double front large arm circle to the right and double hand circle to the right rear of right shoulder 7-! 8-!

2) repeat 1) contrarywise to a position upward.

3) repeat 1) in "canon" as follows:

First file—(from the left) repeat 1) from a) to h) (to the left) and then swing group 2. Lesson XII. Part IV. from a) to h) (follow circles.)

Second file—Double front large arm circle to the left to a position upward and double front upper hand circle to the left 1-! 2-! and on the 3rd count follow first file with ex. 1) leaving out ex. g) finish with h) and then together with the first file swing follow circles.

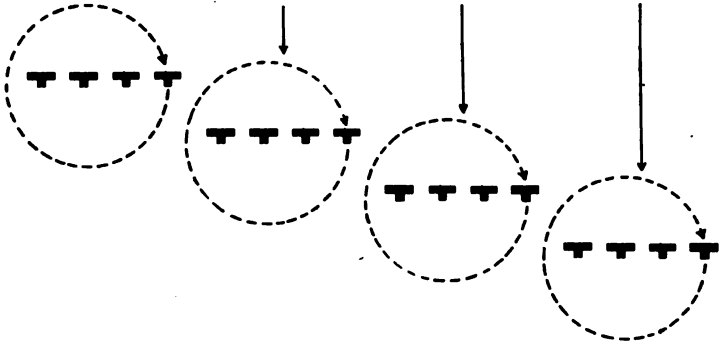


(87.)

Third file:—double large arm circle to the left and double front upper hand circle to the left 1-! 2-! double front large arm circle to the left and double hand circle rear of shoulders to the left 3-! 4-! On the 5th count follow first and 2nd file with ex. 1) leaving out ex. e) f) (trunk bending), finish with g) and h) and then together with first and second file follow circles.

Fourth file:—double front large arm circle to the left and double front upper hand circle to the left 1-! 2-! double front large arm circle to the left and double hand circle to the left rear of shoulders 3-! 4-! double front arm swing to the left to a position sidw. right and double horizontal circle above the hands to a

position sidew. left 5-1 6-1 On the 7th count start ex. 1) but swing only a) b) c) d) (leaving out ex. e) f) g); after ex. d) finish with ex. h) and then with the rest swing the follow circles.



(88.)

Repeat the same contrarywise: the 4th file begins group 1) on the first count and the rest follow in the same order as indicated above, and finish with group 4. Lesson XII. Part IV.



(89.)

After the follow circles bend arms in rear inward, form line r. oblique, r. or l. face and march off.

### Marching to Places and "Taking Distance" for Club Exercises.

Knowing that such a little variation like a change of formation or change in the way of "taking distance" adds to the interest of the calisthenic work, I am adding here a few suggestions for different ways of "taking distance" for club exercises, which may be used in an ordinary class lesson or in a public exhibition.

a) From a column of fours: The pupils march in a column of fours, carrying the clubs on shoulders. On a given command they extend arms forward, with clubs on the forearms and open ranks by marching obliquely outward, at the same time moving arms gradually to a position sideward. After halting the odd files take one step forward, even files one step backward, then swing the clubs downward and to starting position.

b) From a front line: A very quick way—especially for a class of beginners—is the following: the pupils march in a single file and after halting, face left or right (front line.) If the marching did not precede the club ex., they "count off" 4 after facing. Nos. 3. now take 6 steps forward, closing on 7! Nos. 2. 4 steps forw. closing on 5! and Nos. 4. 2 steps forward, closing on 3! Nos. 1. remain in place. They now face l. or r. and are ready for ex.

c) with a more advanced class, we may execute the same more expeditiously in the following way: No. 3. starts on 1! No. 2. follows on 3! No. 4. on 5! and all close on 7! facing l. or r. at the same time. If we want them to close to their original places, they face in the direction of No. 1 and close in the same order. No. 3. starting on 1! No. 2. on 3! and No. 4. on 5! If, however, the place for replacing clubs is nearer to No. 3. the pupils face in the direction of No. 3. and No. 1. starts on 1!, No. 4. on 3! and No. 2. on 5!

d) from a single file, by marching sideward: Pupils, "counted off" 1-4!, march in a single file and halt in the middle of the gymnasium. On a given command Nos. 1. and 2. take four steps sideward outward. Nos. 1. to the left, Nos. 2. to the right; counting 2 for each step, it takes 8 counts. Nos. 3. take 3 steps sidew. left with Nos. 1. (1-6!) and on the last 2 counts (7-8!) take one step inward, or to the right. Nos. 4. again make 3 steps sidew. r. with No. 2., and on the last 2 counts, one step sidew. to the left. We may a!

execute each side step in one count, and then the "opening" would be executed in four counts.

e) from a front line: pupils are marching in a front line—or in several front lines, one line behind the other about 8 paces apart—"counted off" 1-3! and the

1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

"ranks of three" are counted "first" and "second". After halting No. 1. on a given command takes one step forward, left oblique, (in front of No. 2.) and No. 3. one steps backw. r. oblique (forming in rear of No. 2.) (1! 2!) No. 1. now takes 2 steps forward and

3	3	3	3	3	3
2	2	2	2	2	2
1	1	1	1	1	1

No. 3. two steps backward (3! 4!) and mark time (5! 6!). On 7! and 8! the first files take one step forward, second files one step backward and the front line is opened for ex. in 8 counts as follows:

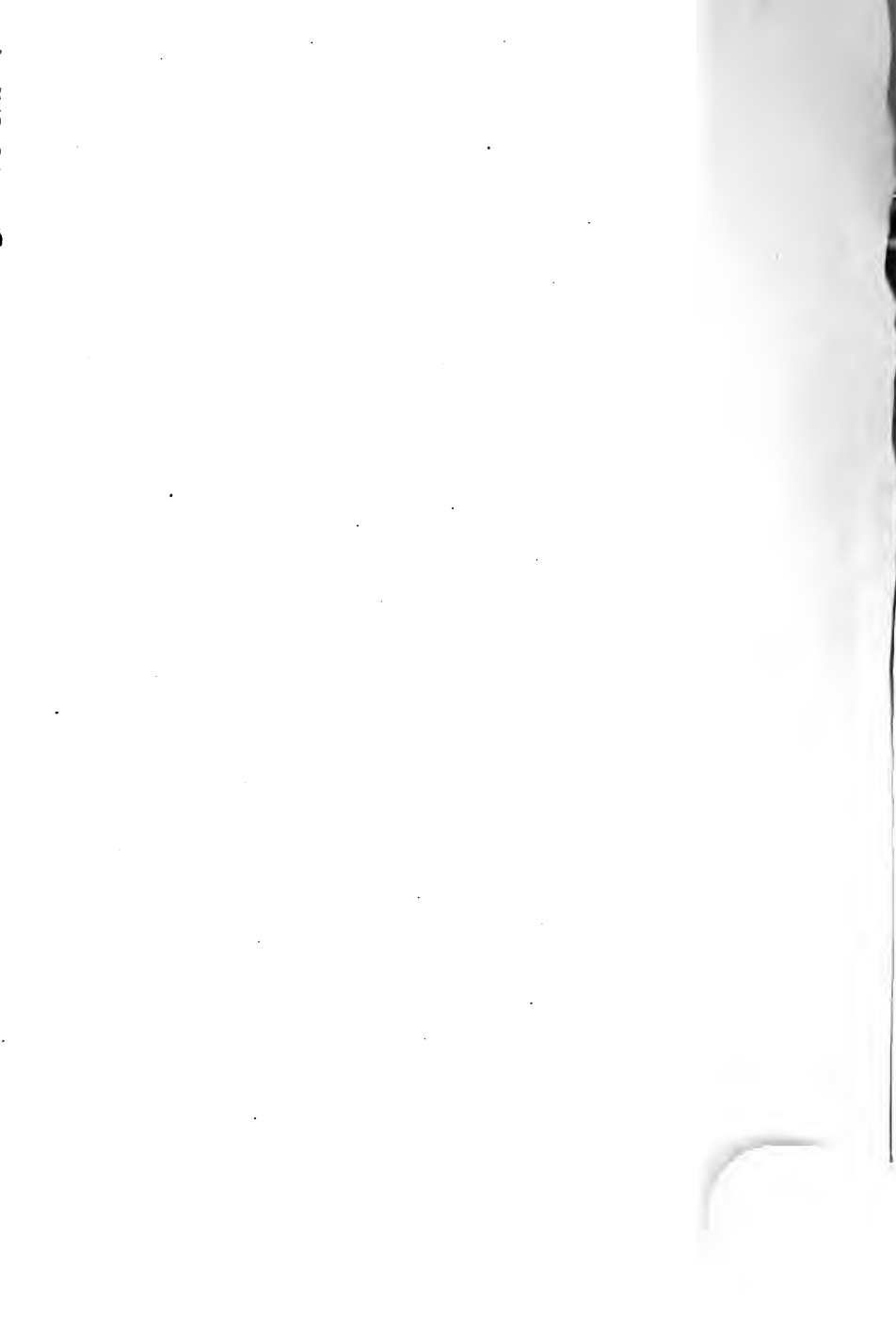
	3		3		3
3		3		3	
	2		2		2
2		2		2	
	1		1		1
1		1		1	

In an open field, with a large number of pupils, we can change any number of front lines to an "open order" in 8 counts. Close in the following way: on a given command—(or in an open field at given signal) the first files take one step backward, second files one step forward (1! 2!) Next signal No. 1. take 2 steps backward, No. 3. two steps forward (thus closing to No. 2.—(3! 4!) mark time 5! 6! and at the last signal Nos. 1. and 3. step to their original places in a front line (7! 8!)

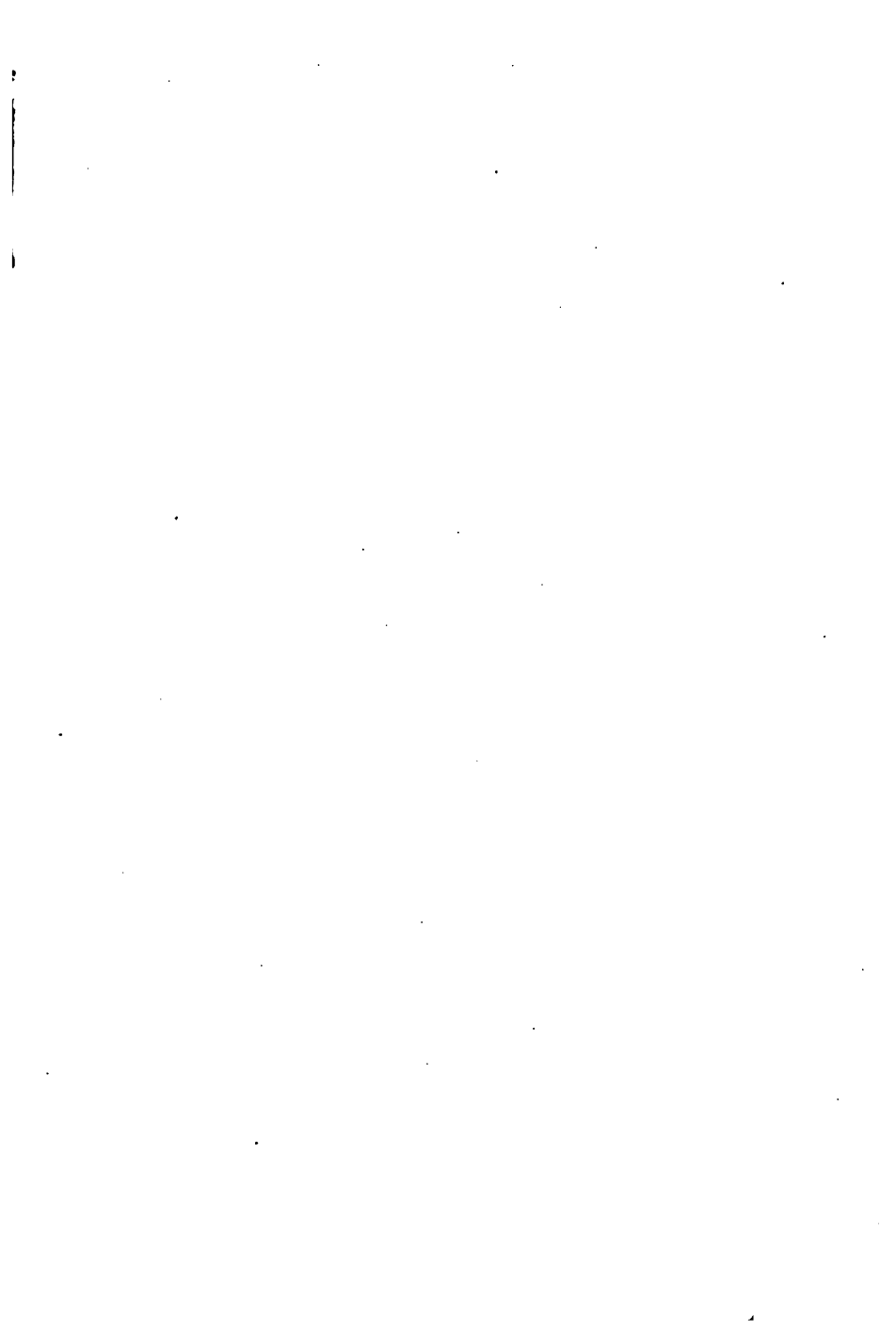
f) from a column (or columns) of fours: Clubs are carried on shoulders, and after halting on a given command (or signal) pupils extend arms forward with clubs on the forearms. The outer pupils mark time and turn slowly outward (r. to the r., l. to the l.) at the same time moving arms gradually to a position sideward. (Make  $\frac{1}{2}$  turn with 8 steps in place. The inner pupils march in a half a circle (8 steps outward, left to the left, right to the right) moving arms gradually sideward and keeping them in line with the arms of the outer pupils. On the 8th count they are all facing backward. With 8 steps in place make  $\frac{1}{2}$  turn—(left files to the left, right files to the right, keeping arms in a position sideward.) On a given command (or signal) odd files take one step forw. even files one step backward and swing clubs to starting position.

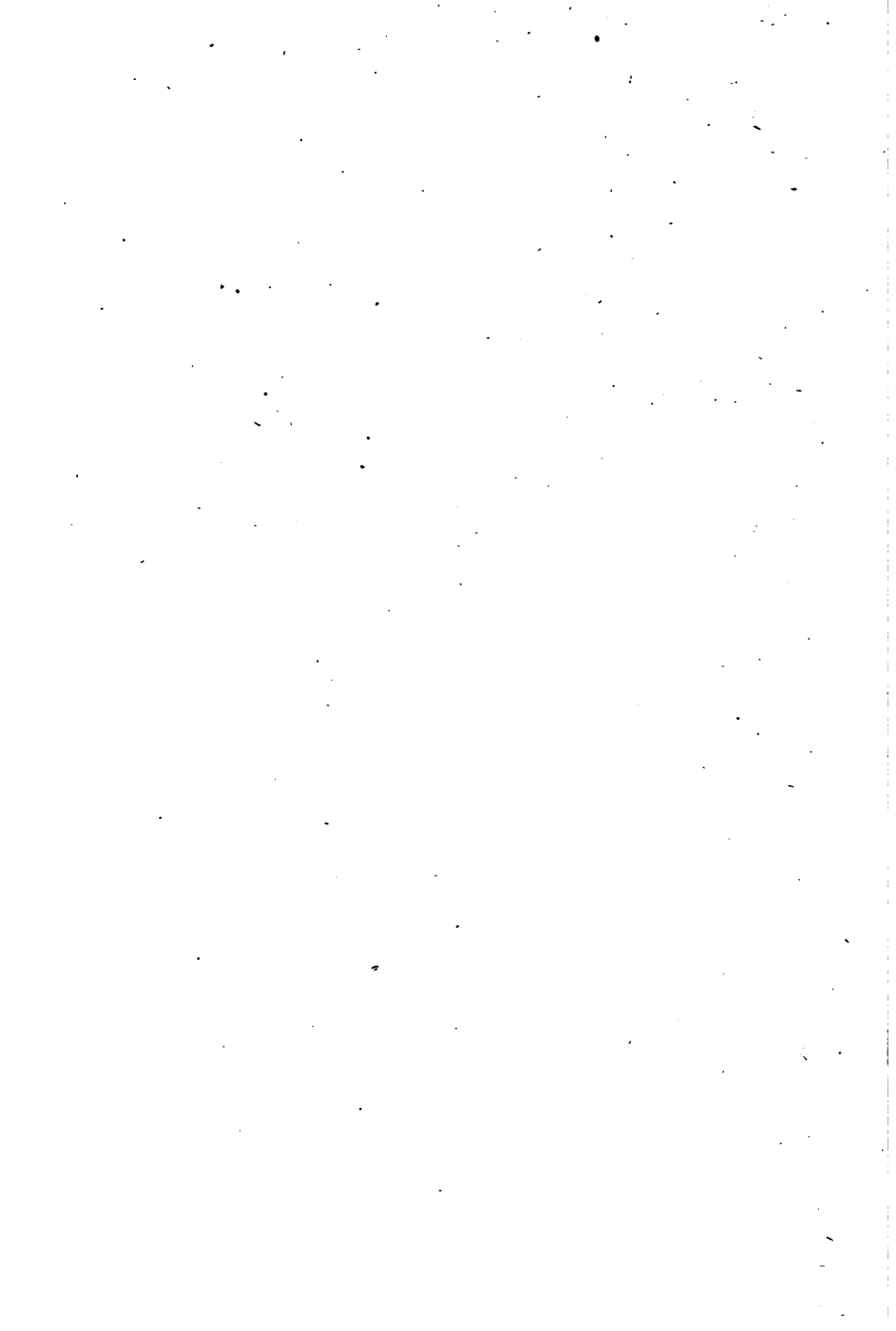












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